

SLEEP

ZZZ



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WHAT ARE THE BENEFITS OF A GOOD SLEEP?

Sleep supports a healthy brain function which is needed for things like learning, concentrating and a better mood. It also strengthens the immune system and can help with weight loss. You are more likely to make poor food choices when you're tired! The amount of sleep needed varies from person to person, but adults should get 7-9 hours and young people at least 9 hours to help support their growth and development.

TOP TIPS FOR BETTER SLEEP

ZZZ... Go to sleep and get up at the same time which will help your internal body clock get used to a set routine.

ZZZ... It's important to have some relaxation time before you go to sleep. Ideas include having a bath, writing to do lists to de-clutter the mind and reading a book. Guided meditation and breathing exercises found through YouTube or mobile phone apps can also help you relax.

ZZZ... Turn off any electronic devices like phones and TVs a couple of hours before bedtime so your mind isn't stimulated.

ZZZ... Avoid caffeine and sugary foods in the evening.

ZZZ... Make your bedroom sleep friendly by keeping it quiet, dark, cool in temperature and tidy.

WHAT IF I STRUGGLE TO SLEEP?

Writing a diary is a great way to find out if there is anything specific that is affecting your sleep. Keep note of the time you go to sleep, when you wake up, score the quality, what you eat and drink that day, any exercise done and mood entries. This will help unpick if there is anything triggering a poor sleep pattern such as feelings of anxiety. **If you still find you are struggling, speak to your GP.**