

# Ways of getting a better sleep



# Where do I start on getting a better sleep?



- Some people have difficulty sleeping, whether this being lack of sleep or not having enough early nights.

# Get into a regular routine



- Having a regular sleeping pattern helps you to have a good sleep.
- Try and go to sleep around the same time each night and wake up at the same time.

# Stay away from technology



- Your sleep routine usually starts before you get into bed, so try to avoid going on your phone/any other type of device.
- Some people like listening to music to help them have a better sleep, try this and use relaxing music or sounds.

# Manage your worries



- Try talking to someone you trust about your worries, this can help.
- Set aside time before bed to make a to-do list for the next day, this can help put your mind at rest.

# Prepare your body for sleep



- Do not drink anything with caffeine in if you know it is going to keep you awake. This can include coffee and energy drinks.
- Caffeine keeps you awake and gives you energy.

# Decaffeinated drinks



- There are different alternatives for caffeinated drinks. There are:
- Decaf coffee and tea
- Sugar free fizzy drinks
- warm milk/Horlicks

# Prepare your body for sleep



- As well as caffeine, don't drink alcohol before you go to sleep, if you know it is going to keep you awake.
- Alcohol is known to cause people to snore more and effect sleeping patterns .

# Create a restful environment



- It is easier to get to sleep when it's cool, dark and quiet, but try different ways to help you get a good sleep.

# Too much noise?



- You could Wear earplugs, they can help cancel out noise before you go to bed.
- This can help you have a better sleeping pattern because there is nothing distracting you.

# Confront sleeplessness



- Do not force yourself to go to sleep, let it happen naturally.
- You will not enjoy your sleep and it may take you a while to fall asleep.

# Relaxing ways to help sleep



- Take a relaxing bath or shower. This helps your body to naturally relax and helps you have a better sleep.
- Try use bath salts and bubble bath, this will help relax your mind.

# Ideas to help get a better sleep



- Make sure you are comfortable before you go to sleep. If your bed is effecting your sleep, try and get comfortable pillows and blankets.
- An example of this is a weighted blanket
- You will feel more comfortable and relaxed if your living space is too.

# Natural ways to help you sleep



- Lavender is a popular choice for a better sleep.
- Lavender can help with sleep but also people with insomnia, depression, and anxiety.

# Lavender helps!



- You can buy loads of different types of products with lavender into help you sleep.
- Lavender pillow spray
- Lavender balm, put this on your pressure points and temples

# Better ways to sleep



- If you have back pain during your sleep, there is a way you can prevent this.
- Tuck a pillow under your knees to ease the pain. This helps because it elevates your back in a more comfortable position.

# Beds are not for pets



- If you have a pet, don't let them sleep with you. Pets move more in their sleep than humans.
- They can also bring allergy triggers, like their fur and fleas.

# Know when to see your doctor



- Let them know if your sleeplessness lasts for a month or more.
- They can check to see if you have a health condition, or see if there is a medicine you take that might be part of the problem.