

Sleeping Better

Most of us have had nights where we can't get a good night's sleep, and given the current challenges it's possible that your sleep may be affected. When you're worried or stressed you might struggle to get to sleep, wake up in the night or have nightmares. This is because the survival parts of your brain are more active and reluctant to switch off. This is helpful at times when you need to stay awake to keep yourself safe, but not when you're exhausted!



"This storm is making me tired," said the boy
"Storms get tired too," said the horse, "so hold on."

Good Sleep Hygiene

Winding down is really important in preparing for bed. There are lots of ways to relax:

- ◆ a warm bath (not hot) will help your body reach a temperature that's ideal for rest
- ◆ writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions
- ◆ relaxation exercises, such as light yoga stretches, help to relax the muscles. Do not exercise vigorously, as it will have the opposite effect
- ◆ relaxation CDs work by using a carefully narrated script, gentle hypnotic music and sound effects to relax you
- ◆ reading a book or listening to the radio relaxes the mind by distracting it
- ◆ avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on sleep.

Sleep can be affected by other things as well, such as caffeine, alcohol or changes in our daily routines. You might also find that you can't stop thinking about a difficult experience you've had recently. If sleep disturbances are prolonged, this can affect physical and mental wellbeing, for example it can affect concentration and make us irritable.

Where possible, try to have a bedtime routine and do things before bed that help you to feel calm and relaxed. There are lots of resources available to help you sleep better.

Some Useful Links:

- ◆ Sleepio: an evidence based sleep improvement programme:
<https://onboarding.sleepio.com/sleepio/healthandcare-scot/77#1/1>
- ◆ A Guide to Good Sleep for Health and Social Care Providers:
<https://www.nationalwellbeinghub.scot/wp-content/uploads/2020/05/Guide-to-Good-Sleep-for-Health-and-Social-Care-Professionals.pdf>
- ◆ Feeling Good: an evidence based audio programme containing a module aimed at helping you sleep better:
<https://www.feelinggood.app/onboarding/promis/>

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National Wellbeing Hub: www.promis.scot

Local 1-1 wellbeing support is available for care home staff:

Call or text 07971 794 065 to arrange support (This is a dedicated line staffed Mon-Fri, 9am-5pm, or leave a voicemail 24/7)

For immediate support 24/7:

National Wellbeing Hub - <http://wellbeinghub.scot> - 0800 111 4191
NHS Lanarkshire Staff Care and Wellbeing 24h Helpline - 01698 752000