

Why is it important?

Sleep is important for our physical and emotional wellbeing. When we don't get enough sleep, we can become irritable and impatient and find it difficult to concentrate. We can also feel anxious and low.

Sleep helps to regulate our blood pressure and our metabolism and weight. If you are living with a long-term health condition, getting a good night's sleep can be an important part of managing your symptoms.



SELF CARE TIPS

REGULAR ACTIVITY

Physical activity is shown to relieve stress and aids in good quality sleep.

ALLOCATING TIME TO UNLOAD ANY WORRIES

Setting aside some 'worry' time each day to write down anything that's bothering you and set it aside until the next day can help to get those thoughts out of your head.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk

**Sleep Council**

www.sleepcouncil.org.uk

An advisory organisation that raises awareness of the importance of a good night's sleep and provides advice on how to improve sleep quality.

NHS Sleep and Tiredness

www.nhs.uk/live-well/sleep-and-tiredness/

NHS guidelines for getting a good night's sleep

Why We Sleep - Matthew Walker

www.youtube.com/watch?v=WtRVxoQddk4

Professor of neuroscience in Berkley California, Matthew Walker has produced a number of easy to follow YouTube videos explaining the importance of sleep for our bodies and minds.

Good Sleep Guide

www.csp.org.uk/publications/good-sleep-guide

Information pamphlet from the Chartered Society of Physiotherapists that can be ordered or downloaded from the site as a pdf. Guide contains advice about sleeping positions, use of pillows and mattresses.

SELF CARE TIPS**MAKE TIME FOR RELAXATION**

Relaxation exercises, such as breathing exercises, muscle relaxation techniques or a relaxing bedtime routine (e.g. taking a bath or shower, listening to music, reading) can help you wind down for bedtime.

MAKE YOUR BEDROOM A SLEEP FRIENDLY**ENVIRONMENT**

Make sure your bedroom is dark, your pillow and mattress are comfortable, and your bedroom is the right temperature – not too hot or too cold.

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