



**South West
Yorkshire Partnership**
NHS Foundation Trust

A large circular graphic composed of many small, rectangular segments in shades of blue and white, arranged in a pattern that resembles a stylized 'S' or a spiral. The segments are arranged in concentric rings, with the innermost ring being white and the outer rings being blue.

Improving Your Sleep

With **all of us** in mind.



IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website www.wakefieldrecoverycollege.co.uk, clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email (wakefieldrecoverycollege@swyt.nhs.uk) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.

Thinking of you all, from
Your Recovery College Team.

With **all of us** in mind.



What we'll cover

- 
- 
- Understanding sleep & poor sleep
 - Tips for good sleeping habits
 - Managing a racing mind
 - Additional support



South West
Yorkshire Partnership
NHS Foundation Trust



What Happens During Sleep?

With **all of us** in mind.

What happens during sleep?

- The body repairs itself
- Helps filter out significant and non-significant events of the day
- We naturally wake up during the night and tend to go back to sleep quickly as part of our sleep cycle. Our sleep cycle changes with age:
 - I. New born babies can sleep 18 hours a day!
 - II. Adults experience less time in deeper stages of Non-REM sleep and experience more awakenings.
 - III. Older people (particularly those over 60) spend less time in deep sleep and wake up more frequently.

What happens during sleep?

REM (Rapid Eye Movement)

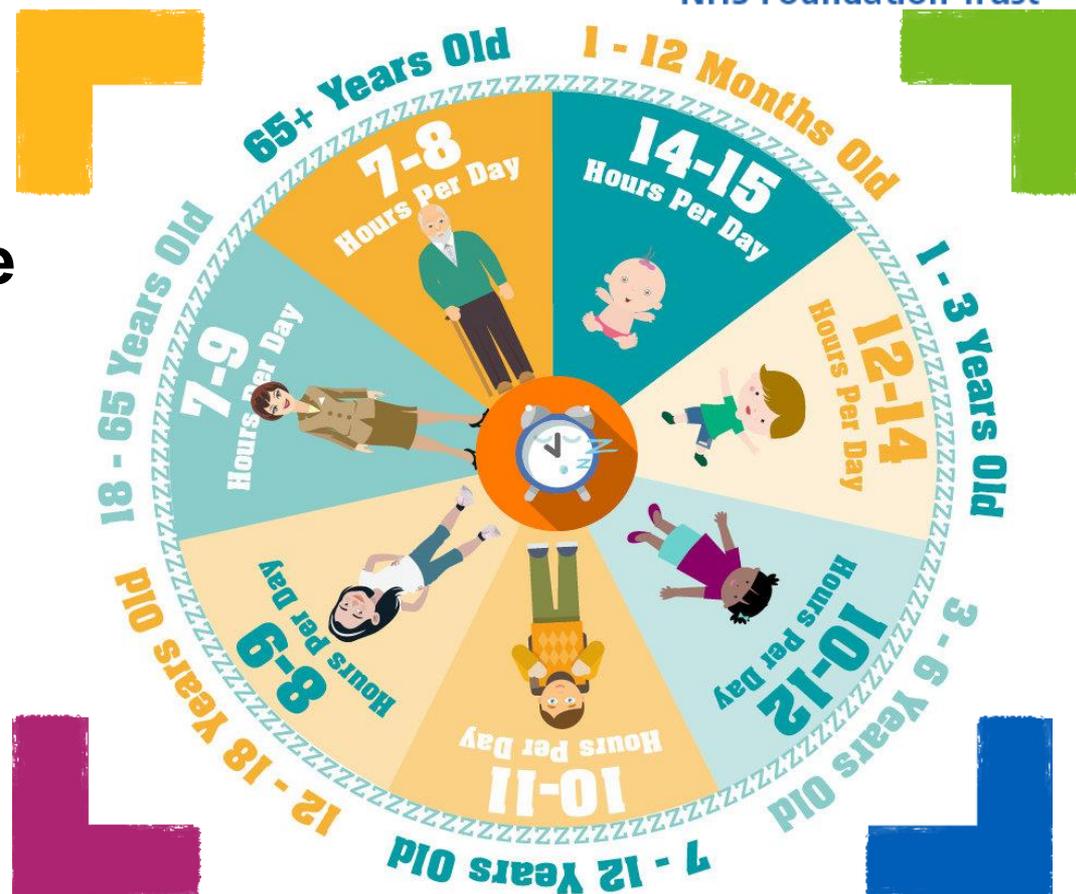
- REM is the stage most associated with dreaming
- Non-REM has various stages:
 - i. 5-10 minutes in – a very light sleep
 - ii. 10-15 minutes in – beginning to fall in to a deeper sleep
 - iii. 20-40 minutes in – deepest sleep

This cycle is repeated throughout the night.

Did you know??

The amount of sleep we need depends on the individual...

As we get older we need less sleep;
A 3-6year old needs 10-12 hours sleep a day. As working age adults, the majority of us need 7-9 hours sleep a day. But those over 65 need 7-8 hours.



With **all of us** in mind.

Different types of sleepers...

Are you a morning lark or a night owl?

Our biological clock works on its own – a roughly 24-hour cycle called a [Circadian Rhythm](#) – and the environment regulates the clock so that we go to sleep and wake up on the same schedule. Scientists believe that people have inherent differences in when they sleep and wake best – an individual chronotype. And what you are is partly determined by genetics.

Do you like to go to bed earlier and get up earlier? Then you're a Morning Lark, like Benjamin Franklin or Bill Clinton.

Do you like to go to bed late and wake up late? Then you're a Night Owl, like Elvis or Barack Obama.

Perhaps you're more adaptable to changing sleep patterns and have an Ambivalent sleep profile.



With **all of us** in mind.

Take the little quiz below to try and work out what sleep profile you have:

Do you wake up bright and alert by 6am?

Do you fall asleep easily if you go to bed at 9pm?

Do you find it hard to stay up until midnight?

If you answered yes to all three questions, you are a lark.

Do you need to sleep until 11am to wake up feeling bright and alert?

Do you have trouble falling asleep before midnight?

Do you fall asleep quickly if you go to bed at 1am?

If you answered yes to all three questions, you are an owl.

If you're a little of both, you probably find it easier to adapt to sleep changes and have an Ambivalent sleep profile.

It helps to know which camp you fit into if you try to improve your sleep. If you try to work against your chronotype you'll not only have a tougher time falling asleep at night or staying awake during the day, but you'll also experience more disturbed sleep. For example if you're an owl and you decide to go to bed earlier to get more sleep, the chances are you may find yourself spending an hour in bed lying awake and worrying that you cannot sleep.

You can't train yourself to be a lark if you're an owl and vice versa. It's a genetic predisposition. However you can try coping strategies to deal with the effects of going against your natural body clock.

It's important to remember to not get hung up on sleep quantity, but focus on [sleep quality](#).

Reasons For Poor Sleep

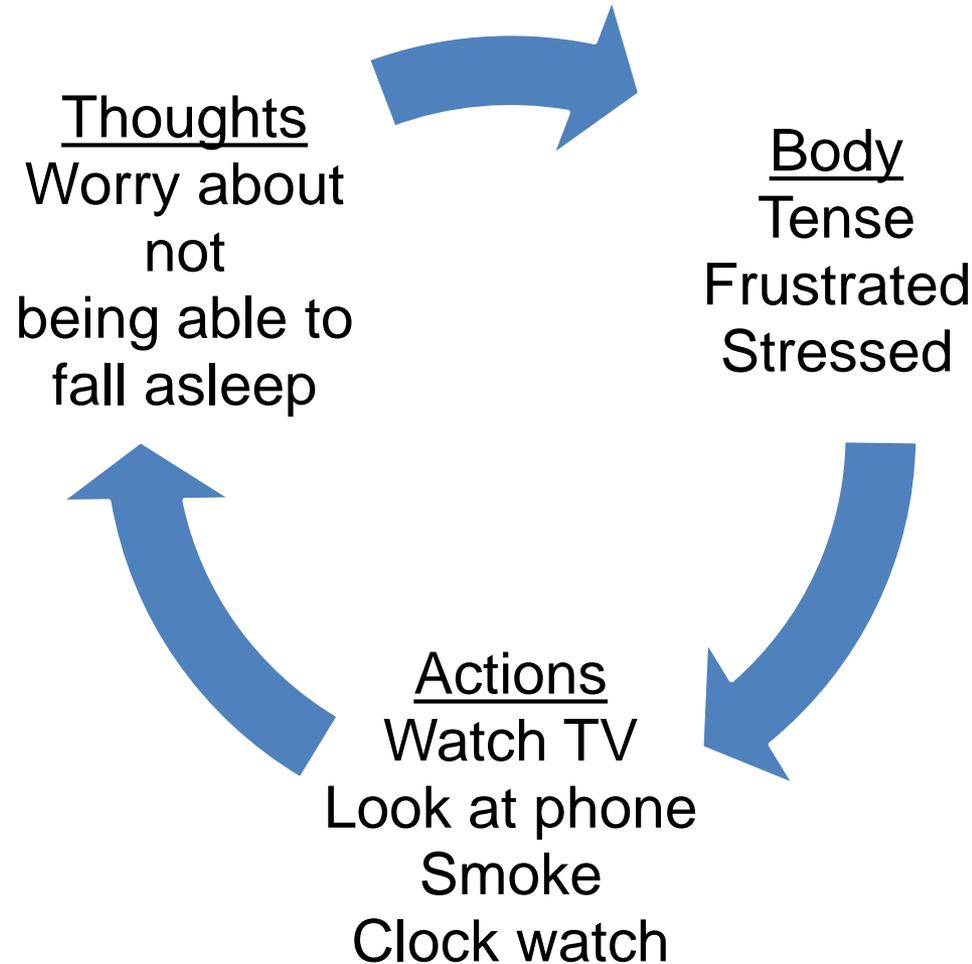


What are the reasons for poor sleep?

There can be quite a few, but here are some more common ones:

- Alcohol
- Stress
- Low mood
- Pain
- Medication (side effects)
- Illness
- Life events (including the Covid-19 outbreak)
- Bereavement
- Environment

Understanding poor sleep The Vicious Cycle





South West
Yorkshire Partnership
NHS Foundation Trust



**Sleep
Improvement**

With **all of us** in mind.

Improving sleep

Start by monitoring your sleep

It won't be 100% accurate, but try and make a note of relationships between what you do and your sleep.

e.g. Going on the internet/your phone late and then not being able to sleep well.

See the next few slides for a sleep diary from The Sleep Council...





The Sleep Council

Sleep Diary

Sleep – we all do it, but nearly half of us don't do it well. And whether you sleep well or not, it is essential to our health and wellbeing. Without it we're not much good at doing anything else.

What is a sleep diary?

A sleep diary is a daily log to record your sleep-wake pattern. It aims to measure the pattern and quality of your sleep, and factors that may affect your sleep.

How to use the sleep diary

- ✓ It takes just a few minutes to complete each day – some questions need answering first thing in the morning, some need answering at the end of the day.
- ✓ Fill out the diary for at least two weeks. We've given you diary entries for seven days so please make copies for subsequent weeks.
- ✓ Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep.
- ✓ If you notice a pattern, make one change at a time and implement for at least one week, preferably two weeks.



For sleep tips and other helpful advice visit www.sleepcouncil.org.uk



Sleep Diary: **MORNING**

Complete each morning

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| Day of the week | | | | | | | |
| What time did you go to bed last night? | | | | | | | |
| What time did you wake this morning? | | | | | | | |
| How long did it take you to first fall asleep (in minutes)? | | | | | | | |
| Did you fall asleep: Easily After some time With difficulty | | | | | | | |
| How many times did you wake in the night? | | | | | | | |
| How long were you awake during the night in total? | | | | | | | |
| How long did you sleep last night in total? | | | | | | | |
| What disturbed your sleep? (physical or mental factors such as stress, worry, noise, lights, comfort etc) | | | | | | | |
| How would you rate your quality of sleep from 1-5? (with 1 being very poor and 5 being very good) | | | | | | | |
| How do you feel this morning: Refreshed OK Lethargic | | | | | | | |
| Any other notes | | | | | | | |

For sleep tips and other helpful advice visit www.sleepcouncil.org.uk



Sleep Diary: **END OF DAY**

Complete at the end of the day



| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| Day of the week | | | | | | | |
| How many caffeinated drinks did you have BEFORE 5pm? | | | | | | | |
| How many caffeinated drinks did you have AFTER 5pm? | | | | | | | |
| How many alcohol units did you have BEFORE 5pm? | | | | | | | |
| How many alcohol units did you have AFTER 5pm? | | | | | | | |
| In minutes, how much exercise did you do today BEFORE 9pm? | | | | | | | |
| In minutes, how much exercise did you do today AFTER 9pm? | | | | | | | |
| Have you taken any medications today? And if so, what. | | | | | | | |
| Did you have a nap during the day or evening and for how long? (in minutes) | | | | | | | |
| Throughout the day have you felt any of the following: Grumpy Impatient Tired Moody Unable to concentrate | | | | | | | |
| In the hour before bed what has your bedtime routine included? | | | | | | | |

Good sleeping habits

There are two main areas that affect your sleep;

1) Your Lifestyle

- Decrease alcohol intake
- Decrease caffeine intake
- Don't drink caffeine before bed (ideally avoid from mid-afternoon)
- Healthy diet
- Regular exercise
- Regular shift patterns (sporadic night shift work can have a detrimental effect)
- No napping or pressing snooze



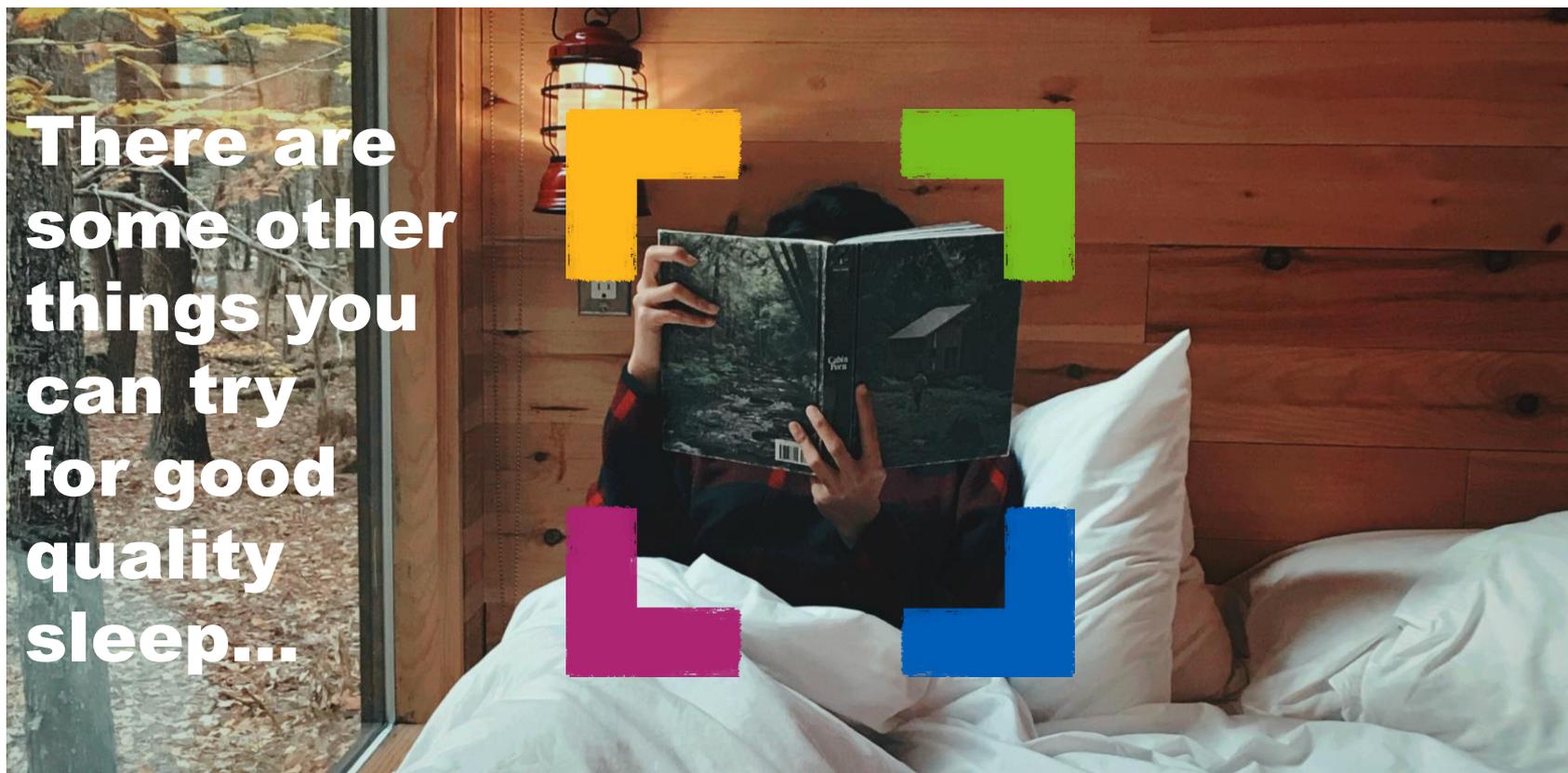
Good sleeping habits

There are two main areas that affect your sleep;

2) Your Preparation For Bed - Ideally you need:



- A quiet (if not silent) room
- A cool (but not cold) room temperature and the right layers (duvet tog/PJs or no PJs) to keep your body temperature cool.
- Good air quality/ventilation
- Comfortable bed and bedding (pillow/mattress)
- A dark room – consider black out curtains/blinds
- Time to wind down before sleep (2 hours before bed is best, but not always possible so give as much time as you can allow)



There are
some other
things you
can try
for good
quality
sleep...

With **all of us** in mind.

Spend less time awake in bed – Laying in bed getting frustrated just makes you more awake. If you are not sleeping within 15-20 minutes of going to bed, get up and do something relaxing. Try reading a book, listening to some calm music or having a caffeine-free hot drink.

Please avoid going on your mobile phone or tablet as the “blue light” from these screens can actually make sleep more difficult, tricking our body clocks in to thinking it’s time to wake up.



Watch the clock less!

Looking at the clock and thinking “It’s 3:30am! I’ve got the sleep, I’m up in 3 hours!” only leads to feelings of stress and frustration. Try to face the clock away from you during the night, or place it out of arm’s reach.



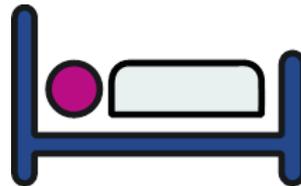
Make less effort when trying to sleep – we can survive on a lot less sleep than we think.

Scientific research has shown that people who think it is not a problem if they do not get a good night's sleep actually sleep better.



Make the bedroom a space just for sleep and your relationship.

- No phone calls
- Don't watch TV in bed
- Don't eat in bed
- Don't look at your phone or electronics





South West
Yorkshire Partnership
NHS Foundation Trust

Dealing With A Racing Mind



With **all of us** in mind.

Dealing with a racing mind

A lot of people maintain that their main problem is not being able to stop negative thoughts and worries running through their mind when trying to sleep.

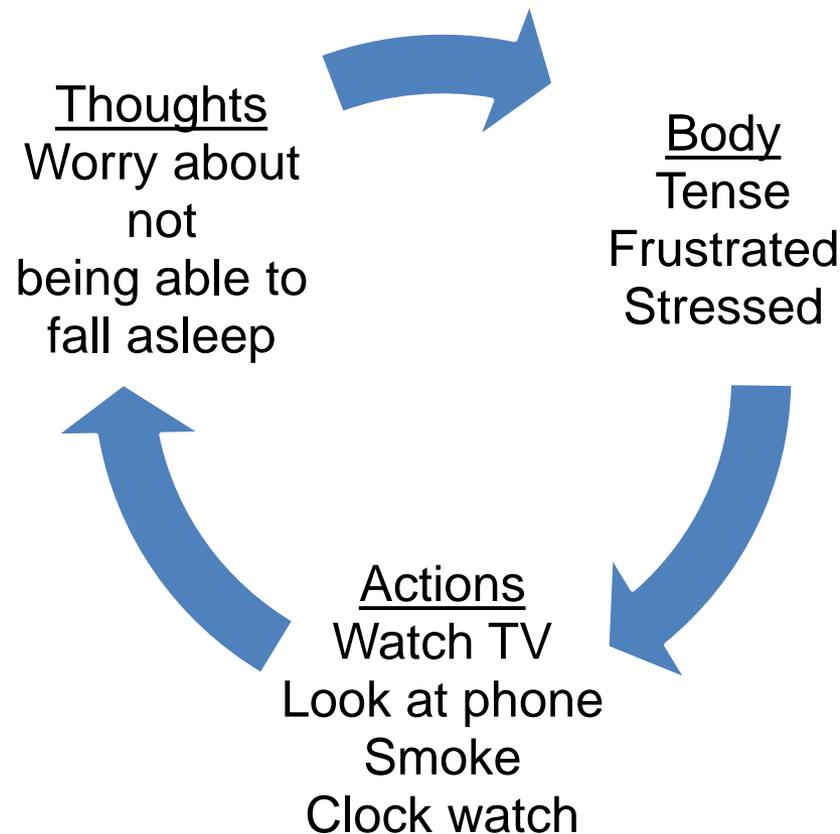
So we can try and deal with those thoughts earlier in the day...



Let's look back at The Vicious Cycle

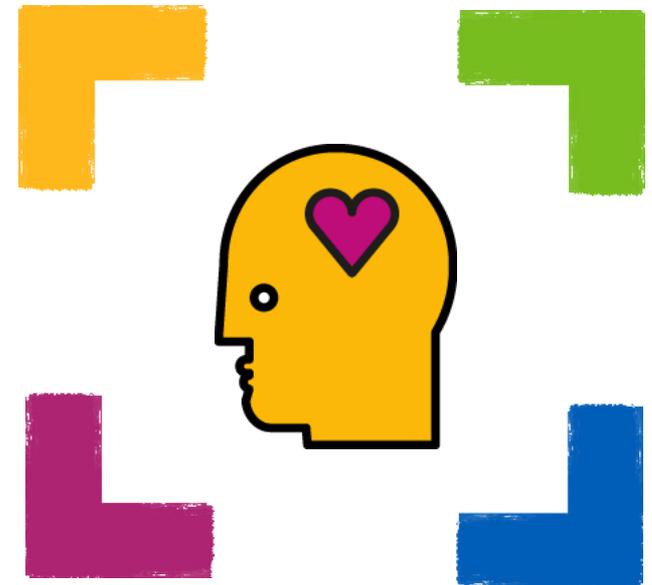
Challenge your unhelpful
thoughts or worries.

“Is my thinking style
unhelpful?”



Ideas to managing a racing mind

- Try and remember the words to a song.
- Look at photographs (not on your phone).
- Do a puzzle.
- Try to remember people in your school class.
- Pick out colours in the room.
- Listen to music or an audio book.
- Listen to noises outside (traffic, animals, weather)



With **all of us** in mind.



South West
Yorkshire Partnership
NHS Foundation Trust

**Additional
Help &
Support**



With **all of us** in mind.



You can find more information on improving your sleep from:

- Your GP
- The Sleep Council <https://sleepcouncil.org.uk/>
- Your local Mind <https://www.mind.org.uk/>
- Samaritans <https://www.samaritans.org/>
- The Children's Sleep Charity <https://www.thechildrenssleepcharity.org.uk/>
- The British Sleep Society <https://www.sleepsociety.org.uk/>



South West
Yorkshire Partnership
NHS Foundation Trust

Have you got any
questions?

Get in touch at:
01924 316946 &
[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege.nhs.uk)
[@swyt.nhs.uk](https://twitter.com/swyt.nhs.uk)

(we're still here!)



With **all of us** in mind.



**South West
Yorkshire Partnership**
NHS Foundation Trust

With all of us in mind.