

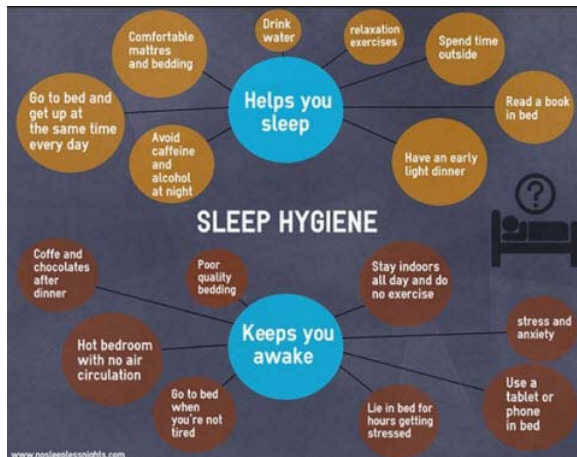
Sleep problems

Sleep problems are very common and are often referred to as insomnia.

Many people have difficulty sleeping at some point in their lives.

People can become very upset when they feel they are not getting a good night's sleep.

Poor sleep can make us feel tired, irritable and unable to cope with day-to-day issues.



Improving your sleep

Understanding sleep

Sleep is not like a light bulb which is either on or off, but has different stages, varying from light to deep sleep.

The amount of sleep a person needs varies from person to person and with age.

Some people find they need less sleep as they get older. As we get older, we may need less deep sleep and can still feel refreshed with lighter more broken sleep.

It may also depend on how active we are in the day. Anything between 4 to 10 hours a night is normal.

The things we do when we are awake have a big impact on the quality of our sleep. This is especially true of what we do four hours before we go to bed and try to sleep.

Things you can do to try to help

- Don't nap during the day, as it can stop you sleeping at night.

- Keep active during the day.
- Get fresh air in the day if you can.
- Avoid large meals just before bed.
- Avoid tea, coffee and smoking near bed time.
- Try to find a quiet place to prepare your mind and body for sleep; maybe learn some relaxation techniques to help you.
- Make sure your room is dark and if it is too hot or cold.
- Natural remedies such as chamomile tea or lavender oil can have a calming influence.
- Establish a bedtime routine, such as a hot drink, warm shower, low lighting, reading
- Try to go to bed at about the same time each night.
- Try not to have a 'lie in' in the morning.
- A good sleep routine means getting up and going to bed at about the same time each day.
- Avoid using electronic devices at night; phones etc.

