

# Supporting your sleep

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**Sleep is crucial for maintaining overall health and wellbeing, affecting everything from physical health to cognitive function and memory.**

Some of the things you can do to improve your chances of a good night's sleep are:

**Use sensory devices (e.g. eye masks or earplugs) to help reduce external stimuli like light and noise**

**Stress reduction techniques to help off-load the stress of the situation (e.g. journalling, breathing exercises)**

**Rules for using digital devices like smartphones or tablets (e.g. avoid using them for 30-60 mins before sleep)**

**Be aware of what you're consuming, whether alcohol, caffeine or social media, all of which can disturb your sleep quality**

**Eat at the right time, no later than 2-3 hours before your planned bedtime, although a small snack if you're really hungry before bed is alright**

**Rest during the day (particularly if your sleep at night is disturbed) by napping for short periods**

**Consider using sleep aids as required (e.g. melatonin which helps signal to the body when it's time to fall asleep)**

*General information only – not medical advice. If at risk call 999. For urgent help in a crisis call NHS 111 or Samaritans 116 123 (free, 24/7). For non-urgent help speak to your GP or a licensed professional.*