

Supporting your sleep

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.