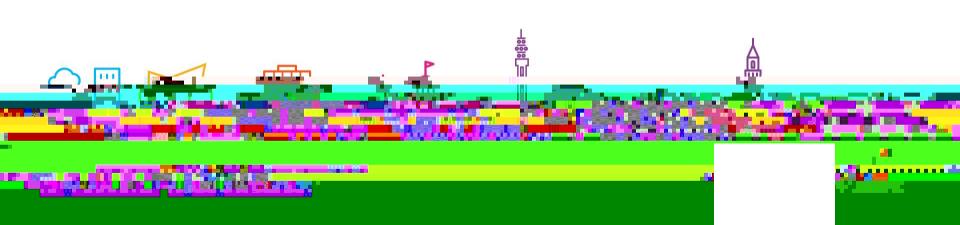
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Understanding sleep

NREM1 - very light sleep

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How can sleep problems present?

- f Difficulty getting to sleep
- f Difficulty staying asleep
- f Waking up too early
- f Poor quality, disturbed sleep
- f Sleeping too much

What impact can sleep difficulties have on us?

- f Constant tiredness
- f Changes in mood
- f Difficulty getting up in the morning
- f Difficulty concentrating
- f Exacerbation of health problems

Developing good sleep hygiene

- *f* Address stress and worries
- f Create a comfortable sleeping environment
- f Think about food and drink
- f Be aware of substances
- f Develop a routine
- f Avoid over-stimulating activities
- f Be aware of your tiredness levels

Overcoming problems with sleep

- f Identify the problem
- *f* Make a change to address the problem
- f Seek help when you need it



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Where can you get advice and support?

f National Sleep Helpline - 03303 530 541

- f Mind 0300 123 3393
- f Every Mind Matters
- f Your GP

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