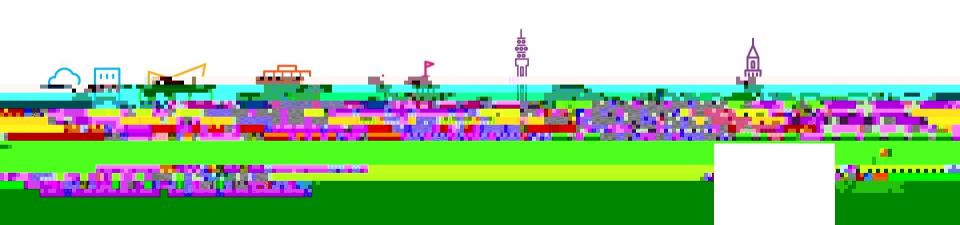
# A Bolder Healthie r Wintder



## **A Bolder Healthier Winter**

A impalled ablie bad impativ direct reach to communities adan ablie to support their communities





PAGE 2

#### Understanding sleep

NREM1 - very light sleep

	<u>झलो भगेगहरम्</u>		
	s.eep		
REM Breaming			
	. <u> </u>		
	-dele ner-si e e e -	the second se	





#### 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



PAGE 9

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

tergets 12



PAGE 10





ti sot

