

# Sleep Sound

This kit is filled with reliable resources with additional information, evidence-based tools and helpful websites

03/2024

## My bedtime habits

Helpful

Unhelpful

Why is sleep important?

# Sleep Hygiene 101

Good sleep is something you work on from the moment you wake up! This quick guide offers some helpful pointers.  
- Tips from [The Sleep Charity](#)

## Morning

- **Wake up** at the same time every day (and go to bed at the same time each night)
  - This helps our sleep system stay in harmony and promotes feelings of sleepiness and drowsiness when your body is ready for sleep.
- **Get out into natural light** as soon as is practical in the morning, preferably around the same time every day
  - Natural light, which can still be effective on a cloudy or grey day, helps reset our internal body clock. It helps us get over feeling groggy when we have just woken up and makes us more alert.

## During the Day

- Engage in **daytime exercise**
  - Exercise promotes the quantity and quality of your sleep, making it deeper and more refreshing. However, a few studies have shown that exercising too close to bedtime can prevent sleep so we suggest leaving a window of at least 2 hours before bedtime without exercise.
- Maintain a **healthy diet**
- **Avoid stimulants** that contain caffeine before bedtime (ideally none after lunch)
  - Caffeine affects each of us differently, check in with your own consumption and the impact it may be having on you. Give yourself enough time between your last caffeine intake and your sleep time to make sure that it does not interfere with your ability to get off to sleep.

## Night

- **Don't go to bed full, hungry or thirsty**
  - Eating at regular times helps strengthen our internal body clock. However, eating a heavy meal before bedtime can make it challenging to sleep at night. Drinking lots of liquid before bed will also increase the chances that we have to go to the bathroom during the night. Conversely, being hungry or thirsty at night can increase the chances of waking up. Find your balance.
- **Reduce electronic use and light exposure** before bedtime and avoid electronic use in the bedroom
  - Using electronics just before bed and in the bedroom can keep us awake for longer as the blue light from these devices has the capacity to prevent the hormones that make us sleepy from being produced.
  - Importantly, it is not just the light that can affect our sleep but most activities that we use our devices for can keep us awake and alert which we don't want to do at bedtime.
- **Don't use alcohol to sleep**
  - Although alcohol is a sedative, it can have a significant impact on the quality and quantity of your sleep.
  - Our sleep tends to become fragile and light when we have a lot of alcohol in the evening and can lead to lots of awakenings in the latter part of the night and feelings of being unrefreshed during the day.
- **Sleep Conditions**
  - Ensure it's cool (around 18-18.5 degrees Celsius), dark & comfortable.
  - Get curious about what sleep routing works for you (Eg. a bath before bed, sleep sounds, relaxation etc).
  - Make your bedroom a pleasant place to be (Consider getting a nightlight, keep it clean and tidy, introduce pleasant smells such as a drop of lavender oil onto the pillow).

## Always

- **Prioritize sleep!**
  - It's good for you physically and mentally, and helps you get the most out of life.

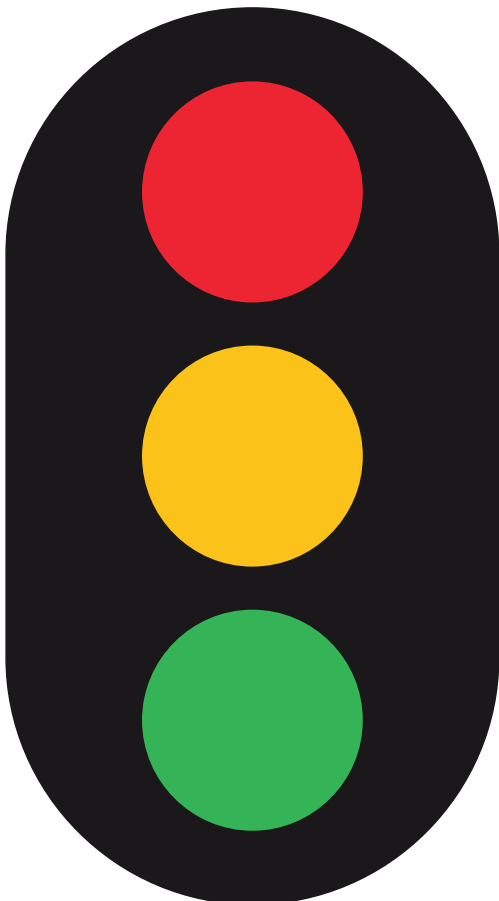
# ACTION PLAN & TOOLS

## Notes

*What are your top takeaways? What info or tools could you share with someone else?*

## My Sleep Well Actions:

RED - what will I stop doing that's not helpful, AMBER - what will I keep doing that is helpful, GREEN - what will I start doing that's helpful



# RESOURCES

## **World Sleep Day Toolkit**

<https://worldsleepday.org/toolkit>

## **World Sleep Society Lectures/ Videos from Specialists & Researchers**

<https://www.youtube.com/playlist?list=PLi49YR5thLgNN-w2ij-RpAW70jpP2rVB8>

## **Sleep Information and Tips - Imperial College**

<http://www.imperial.ac.uk/health-and-wellbeing/physical-health/sleep/>

## **Sleep - Better Health - From Victoria Gov**

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep-hygiene#bhc-content>

## **Sleep Topics Factsheets - Sleep Health Foundation AU**

<https://www.sleephealthfoundation.org.au/all-healthy-sleep>

## **National Institute of Neurological Disorders and Stroke - Understanding Sleep**

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

## **Sleep is Your Superpower - Matt Walker - TED Talk & Sleep Science TED Series**

- <https://www.youtube.com/watch?v=5MulMqhT8DM>
- [https://www.ted.com/series/sleeping\\_with\\_science](https://www.ted.com/series/sleeping_with_science)

## **Shift Work - The Sleep Charity**

<https://thesleepcharity.org.uk/information-support/adults/shift-work/>

## **Sleep Environment - The Sleep Charity**

<https://thesleepcharity.org.uk/information-support/adults/sleep-environment/>

## **Mental Health - The Sleep Charity**

<https://thesleepcharity.org.uk/information-support/adults/mental-health/>

## **Helpful Organisations**

<https://thesleepcharity.org.uk/information-support/helpful-organisations/>

## **How to Sleep Better - Mental Health Foundation**

<https://www.mentalhealth.org.uk/sites/default/files/How%20to.sleep%20better.pdf>

## **Sleep Chronotypes - The Sleep Charity**

<https://thesleepcharity.org.uk/information-support/adults/sleep-hub/are-you-an-owl-or-a-lark/>

## **Dealing with Worry - NHS Resources - Video & Webinar Options for 2023**

<https://www.hpft-iapt.nhs.uk/resources-and-self-help/webinars/managing-worry>

## **Some Examples of Sleep Journals and Relaxation Techniques (click on the below links to head to the resource)**

- **Oxford Health NHS Foundation - Simple Sleep Diary**
- **Sleep Foundation Sleep Diary (Interactive)**
- **NHS Inform Relaxation Techniques**
- **NIH Relaxation Techniques**

# ADDITIONAL SUPPORT

## Anxiety UK

Anxiety UK is a charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Mind

Mind Charity promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

Lambeth & Southwark Mind Directory:

<https://www.lambethandsouthwarkmind.org.uk/directory-home/>

## PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

## Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org](http://www.samaritans.org)

## Drinkline

A free confidential helpline for people worried about their own or someone else's drinking.

Phone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)

## SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

It's a place to go if you're struggling to cope and you need immediate help.T

ext: 85258

Website: <https://www.giveusashout.org/>

## Debt Advice Foundation

Debt Advice Foundation is a registered national debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.

Phone: 0800 043 4050 (Monday to Friday 8am to 6pm)

Website: <https://www.debtadvicefoundation.org/>



# ADDITIONAL SUPPORT

Additional Resources (who can you call, who are organisations you could signpost to):





*It's a State Of Mind*  
Mental . Physical . Social

**IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE,  
ADVENTURE, EXPERIMENT AND LEARN.**

**WE'RE ENCOURAGED TO BE ACTIVE, CONNECT AND  
SHARE.**

**LIVE YOUR BEST LIFE...  
CREATE YOUR OWN PLAYGROUND**

**WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK  
AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN  
AN "IT'S A PLAYGROUND" STATE OF MIND.**

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