



Managing your sleep



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Being a carer can be difficult in lots of ways. Carers often find that they do not sleep very well.

This session will help you understand:



- **Why sleep is important.**



- **Why being a carer can affect your sleep.**



- **How to get a better night's sleep.**

Why sleep is important



We all need about 8 hours sleep each night. Some people might need a little more or a little less.

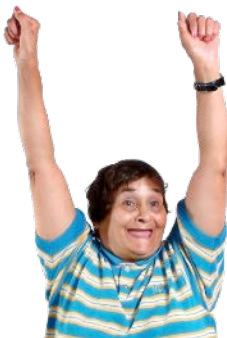


It is really important to get enough sleep.

- It makes you feel better.



- It helps you to cope with things better.



- You will have more energy.



If you are tired when you wake up and tired all day, you are not getting enough sleep.



Not getting enough sleep can make you stressed, irritable and forgetful.



It is very important to find ways to help you sleep better.

Why being a carer can affect your sleep



It can be very hard work caring for somebody. You might feel really tired but when you try to go to sleep you cannot stop thinking about things.



You might have to get up in the middle of the night to help the person you care for. It can be hard to get back to sleep.



Having lots of worries can stop you sleeping. You might have worries about the person you care for or it could be something else.

How to get a better night's sleep



Here are **4** different things you can try to help you sleep better.

1 Have a bedtime routine



If you do the same things every night before you go to bed it will help you to relax.

Before bed you could try:



- Listening to relaxing music.



- Drinking a cup of herbal tea.



- Having a warm bath.



- Going to bed at the same time each night.

2

Try not to drink coffee, tea, or alcohol after 5pm



Drinks like coffee and tea have caffeine in them. Caffeine can make you feel more awake and affects your sleep.



If you have a cup of coffee before bed it is likely to keep you awake.



Alcohol can affect your sleep too.



Having a few glasses of wine or beer can send you to sleep quite quickly. But you are then more likely to wake up during the night.

3 Exercise during the day



Taking regular exercise can help you sleep well at night.



You could go for a walk, do some stretching exercises or yoga.



Exercise is good for your health and can help with stress.



When you are very busy it is hard to fit in doing exercise. Just try to do what you can.

For example, doing some stretching exercises when you watch TV.

4 Do something relaxing



If you can't get to sleep don't lie in bed worrying about it. Try to do something to help you relax.

Here are some ideas.



- Go in another room and listen to some music.



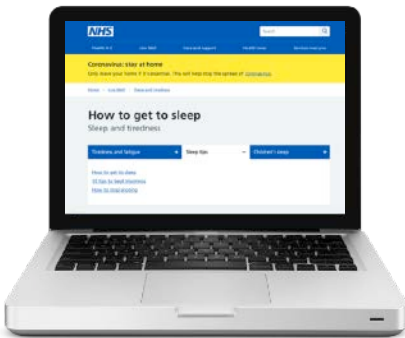
- Read something that is easy to read like a magazine.



- Do some deep breathing or relaxation exercises.



- Have a milky drink.



There are more ideas on the NHS website.

www.nhs.uk

Search for **how to get to sleep**.



If you are still having problems after you have tried all these things speak to your doctor.

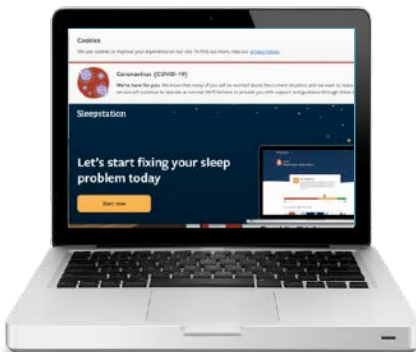
Useful Websites



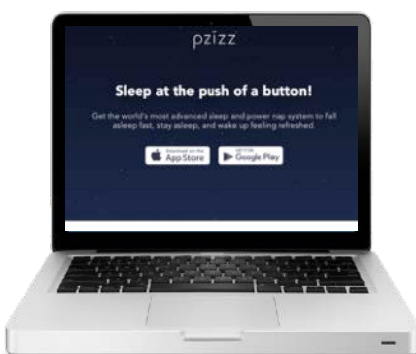
Carers UK Website
www.carersuk.org.uk



Sleepio Website
www.sleepio.com



Sleepstation Website
www.sleepstation.org.uk



Pzizz Website. This is an app that can help you sleep.
www.pzizz.coma