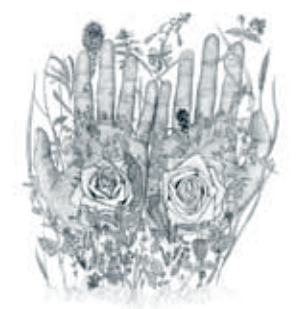


# Sleep

Free Information and Advice



## Lack of sleep

Sometimes people can't fall asleep, or they wake up in the night or very early in the morning. Some people sleep a lot but still feel tired.

If it goes on too long they might feel tired all the time and feel edgy or have bad nerves.



If you can't fall asleep, get up and do something to relax

### Useful numbers

**MindinfoLine 0845 766 0163**  
www.mind.org.uk

**Samaritans 08457 90 90 90**

**Friends, Families and Travellers 01273 234 811**  
or speak to our Well-being worker **07990 516 627**

## Why are we sometimes not able to sleep well?

- Stress or bad nerves
- Moving to a new house or site
- The death of someone close
- Separation from a husband or wife
- Taking new medication
- Too much alcohol, cigarettes, sugar, coffee & tea

## What can I do to help myself?

**Get a Routine:** only go to bed when you are tired and get up around the same time every day.

**Make sure your bed is comfortable, and your room is not too hot or too cold**

Don't watch television in bed

**If you can't fall asleep, get up and do something to relax, like listen to music. Don't lie in bed tossing and turning**

Take exercise in the day

**Have a hot, milky drink (like milk with honey)**

Cut down on coffee, tea, cigarettes and alcohol.

**Go for a short walk in the evening**

Avoid greasy, rich or spicy food (like Chinese takeaway)

## What if I still can't sleep?

You might have a health problem – go see your doctor

**You might be feeling a lot of stress, anger, worry or sadness. You might want to speak with someone you trust, or ask your doctor about counselling.**

# Sleep

## Free Information and Advice



EMOTIONAL  
WELLBEING



**Friends Families and Travellers**

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