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North West Anglia  
NHS Foundation Trust

## Patient Information

### Sleep Hygiene



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#### Document History

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## Daily Sleep Diary

Complete the diary each morning ("Day 1" will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Your Name \_\_\_\_\_ The date of Day 1 \_\_\_\_\_

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Enter the Weekday (Mon, Tues, Wed, etc.)							
1	At what time did you go to bed last night?							
2	After settling down, how long did it take you to fall asleep?							
3	After falling asleep, about how many times did you wake up in the night?							
4	After falling asleep, for how long were you awake during the night in total?							
5	At what time did you finally wake up?							
6	At what time did you get up?							
7	How long did you spend in bed last night (from first getting in, to finally getting up)							
8	How would you rate the quality of your sleep last night? 1    2    3    4    5 V. Poor                      V. Good							

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## 1. What does sleep hygiene mean?

The term 'sleep hygiene' refers to the habits and routines we adopt around going to sleep at night. People who do not struggle with sleep may get away with having erratic sleep habits but people who have trouble sleeping may find that regular routines are helpful. It is important to find a routine that suits you and stick to it.

## 2. What can I do to get a better night's sleep?

- ✓ Keep regular sleeping hours. Most adults need between 6-9 hours sleep per night. By working out what time you need to wake up, you can work out a suitable bedtime for yourself.
- ✓ Wind down before bed to start preparing for sleep. Some ideas for winding down include:
  - Take a warm (not hot) bath
  - Write down anything that is on your mind, such as things that you need to do tomorrow. This will help clear your mind of distractions and organise your thoughts.
  - Gentle relaxation exercises (eg: yoga stretches) can help to relax your muscles.
  - Relaxation CDs or apps may help to guide you through relaxation methods such as Progressive Muscle Relaxation.
  - Read a book or listen to relaxing music or podcasts
- ✓ Make your bedroom sleep friendly
  - Make sure your mattress and pillow are comfortable
  - Remove gadgets from the bedroom such as TVs and smartphones
  - Reduce the amount of light and noise in the bedroom where possible (apart from relaxing noises that you are using for sound therapy purposes)
  - Keep your bedroom just for sleeping and sexual activity
  - Keep your bedroom tidy with a comfortable ambient temperature

- ✓ Consider having household pets sleep elsewhere to avoid being disturbed by them in the night
- ✓ Take regular, moderate exercise, but avoid rigorous exercise too close to bedtime.
- ✓ Cut down on the amount of caffeine you take. Tea, coffee and cola contain caffeine, which interferes with the process of falling asleep and prevents deep sleep. Avoid caffeine altogether for 4-6 hours before bedtime. Consider having a milky or herbal drink before bedtime as part of your wind down routine.
- ✓ Avoid eating too much food or drinking too much alcohol close to bedtime. It may feel that alcohol helps you to fall asleep initially, but it will disrupt your sleep later in the night.
- ✓ Avoid smoking. Nicotine is a stimulant and generally smokers take longer to fall asleep, wake up more frequently and often have more disrupted sleep.
- ✓ If you cannot sleep after about 15-20 minutes of trying, get up out of bed. This may not seem like the obvious thing to do, but it usually isn't helpful to lie in bed for too long tossing and turning 'trying hard' to go to sleep. Try to get up and do something low key (like reading in a dimly lit room) until you feel sleepy again.
- ✓ Try to avoid napping during the day. If you must nap, try not to nap any longer than 15 minutes.
- ✓ Switch off your mobile phone or put it onto 'do not disturb' or 'airplane' mode to prevent it from disturbing your sleep.
- ✓ Consider using the blue light filter feature on your smartphone if you are using it in the evening.

### 3. Sleep Diary

If you are still struggling with your sleep, speak to your GP about further options

Your GP -or other professional you may be referred to about your sleep- will likely suggest that you keep a sleep diary for a period of time. Keeping a sleep diary can help you to highlight any areas that may need to be addressed to help you to sleep better

The pages overleaf are a suggested template for you to use to keep your sleep diary.

Sometimes analysing your sleep can be unhelpful; therefore prolonged use of the sleep diary is not recommended. This should be seen as a short-term tool to document the sleep difficulties you have in order to better inform management decisions.