

Nottinghamshire Children's Centre Service

Sleep

Everyone needs sleep, but many of us struggle either to get to sleep or stay asleep. There is a close relationship between sleep and mental health; living with mental health can affect our sleep and not sleeping well can affect our mental health.

Here are 7 tips to help improve your sleep:

- **Schedule sleep** – During the week and at weekends, have a regular bedtime and wake-up time. Do your best to be ready for bed around the same time every night and set an alarm to wake up in the morning.
- **Follow a routine** – Take the same steps each night to prepare yourself for sleep. This could include having a bath, putting on your PJ's and brushing your teeth.
- **Unplug from electronics** – Phones, tablets and computers stimulate you rather than relax you which affects your sleepy hormones. Put down any devices 30-60 minutes before bedtime.
- **Relaxation** – Meditation, breathing techniques and other relaxation techniques can help to quieten your mind before you go to sleep.
- **Create a comfortable sleeping environment** – Block out light, drown out noise, make sure your bedroom isn't too hot or too cold!
- **Look after your body and your mind will follow** – Regular exercise, particularly outdoors, encourages quality sleep.
- **Don't toss and turn** – If you aren't asleep within 20 minutes, get up, stretch, read, or do something else calming until you feel sleepy again.



#MaternalMHMatters



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...giving children
the best start