

Having trouble sleeping?



Easy Read

From time to time we all have problems with sleep.

Here are some easy things that may help you to sleep.

Do's



Do make sure that your bed and bedroom are as comfortable as possible.

Not too hot, not too cold and not too noisy.



Do get up at the same time every day - whatever time you go to bed



Do exercise regularly. Even gentle exercise is good.



Do take some time to relax before you go to bed.



Write down any worries before you go to bed.



Try drinking a warm milky drink before going to bed.



Do some relaxation when you can.



If you need more advice speak with one of the nursing staff, or your doctor.

Don't's



✗ Don't go without sleep for a long time



✗ Don't drink tea or coffee after 4pm



✗ Don't nap during the day



✗ Don't drink a lot of alcohol



✗ Don't eat or drink late in the evening. It can cause indigestion.



✗ Don't sleep late the next morning.



✗ Don't use slimming tablets or street drugs like ecstasy.



✗ Don't watch exciting television or take exercise before going to bed



✗ Don't smoke around bedtime

For more information

Please contact Surrey and Borders Partnership
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