

Wellbeing Tip of the Week

Getting the most from Sleep



Do you feel as though you are getting enough sleep at night? Do you have problems falling asleep or staying asleep? Research conducted in 2021, found that 36% of UK adults struggle to get to sleep on a weekly basis and nearly half of the UK have trouble falling asleep at least once a month. The NHS recommends that we have 7-9 hours of sleep each night, and up to 10 hours for younger children.

Here are some tips to help us get the most from sleep:

- Try to sleep at the same time each night, and wake up at the same time each morning, even on the weekends.
- Avoid taking naps after 3pm, and don't nap for longer than 20 minutes.
- Avoid caffeine after 2pm, if you are sensitive to its effects.
- Exercise regularly but try to avoid this within 2-3 hours of bedtime.
- Follow a routine to help you relax before sleep (e.g., reading or listening to music).
- Aim to turn off the TV and other screens at least an hour before bedtime.