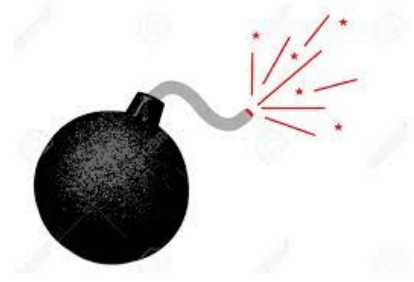


Sleep



... perchance to dream.
Lions sleep for 20 hours a day.
We need much less.
The number of hours is not important.
Relax and enjoy the time off your feet.

Avoid:

- x Caffeine in the evening. There is caffeine in: coffee; tea; some soft drinks including coke; and some pain killers.
- x Alcohol in the evening. Alcohol may help you fall asleep but it will usually make your sleep poor quality. You are likely to wake after about 4 hours feeling alert or anxious.
- x Smoking in the late evening. By the way: vaping (e-cigs) is much safer than smoking.
- x Meals in the late evening.
- x Day time naps.
- x Sleeping in front of the television. You will get poor quality sleep in a chair. Usually a television in the bedroom will keep you awake longer.

Helpful hints:

- ✓ Only lie down to sleep when you feel sleepy. Otherwise do something interesting, like reading.
- ✓ Cover clocks so that you can't see them from the bed.
- ✓ If you think of something that you need to do, write it down. Thoughts and worries can be thought, or worried about, later.
- ✓ Stop trying to sleep. Resting in bed is almost as good.
- ✓ Take regular moderate exercise but not just before bed time.
- ✓ Try drinking a warm milk drink before going to bed.
- ✓ Try a relaxation tape. These are available in libraries and book shops.
- ✓ Go to bed, and get up, at the same time each day.

Illness and sleep:

- ? Are you in pain?
- ? Do you wake up very early every morning?
- ? Do you feel low, sad or depressed most of the time?
- ? Do you find it very difficult to switch off from the stresses in your life?
- ? Do you have any problem that you think a health professional might be able to help you with?