

INFORMATION FOR PATIENTS

Sleep hygiene (sleep habits)

It is important that we all pay attention to our sleep habits to make sure we have as good and refreshing sleep as possible. This should include:

- Regular bedtimes and waking up times.
- Enough time in bed but not too much (most people need seven to eight hours' sleep). Most people having 12 hours in bed will have four to five hours of this awake (this is not insomnia). Likewise, only having five to six hours in bed will mean people are sleep deprived, which is likely to affect daily functioning).
- Avoiding daytime naps.
- Reducing distractions and disturbances in the sleeping environment such as TV, mobile phones in the bedroom, children, pets sleeping in/on the same bed.
- Reducing caffeine - the half-life of caffeine is six hours so coffee at midday means half of it is in the system at 6pm and a quarter of it is still in the system at midnight.
- Reducing alcohol (this disrupts brain sleep quality).
- Getting outside for daytime sunlight exposure, preferably in the morning or lunchtime every day. The brain hormone melatonin helps regulate the sleep-wake cycle in response to light and dark.
- Stopping evening screen use. Evening use of tablets, mobile phones, computers destroy melatonin production, therefore reducing sleep quality.
- Avoiding large meals later in the evening.
- Eating a high protein/fat lunch tends to provide a more sustained energy release. A high carbohydrate lunch such as bread, pasta, rice and potatoes, can cause a rapid spike in blood sugar levels, followed by a sudden drop, leading to feelings of fatigue and a 'dip' in energy in the afternoon.

Help is also help from charities such as the sleep charity



<https://thesleepcharity.org.uk/>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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