

Tips for Improving Sleep

There is a very close connection between sleep and mental health; poor mental health can cause sleep difficulties, and poor sleep can have a negative effect on our mental health. The short-term effects of delayed or interrupted sleep can include irritability, reduced concentration and a lack of energy, however these can escalate to more serious mental health difficulties if ignored. We can help ourselves improve the quality and duration of our sleep in order to support our wellbeing, energy levels and concentration.

Try to establish a good routine by going to bed and waking up at roughly the same time each day.

Try to switch off electronic devices at least an hour before you go to sleep to help your brain relax and wind down, and leave them in another room.

Keep a pad and pen by your bed so you can note down anything that is bothering you. This will help to take it off your mind.



Try a guided mindfulness meditation or some deep breathing exercises.

Cut down on caffeine and alcohol, and avoid eating two hours before bedtime.

Do some exercise in the day and try to get some fresh air.

Do something soothing to help you relax, such as taking a hot bath or reading a book. Try not to do any stressful activities before bed.

For more free resources, please visit our website:

www.psychologyassociates.org.uk

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