

SORTING SLEEPING

TAKE
NOTICE

QUICK EXPLANATION

Sleep difficulties are commonplace, especially at uni. Taking notice of your sleeping routine or bad habits you may have fallen into overtime is a useful practice that all people should do if they are struggling to sleep. You might even be in the majority of people who are struggling with sleep even more since lockdown because of the relentlessness of isolation. Poor sleep can have a large impact on our wellbeing, as it can impact concentration, mood, motivation and memory. There are small changes you can make to your sleep routine that may help you to sleep better. This page will provide several different recommendations and tips that you could try to improve your sleep.



AIM

To provide tips and advice to improve sleep quality.



INSTRUCTIONS

If you are struggling with sleep it is recommended to make a few subtle changes, rather than trying to implement all the tips all at once. Have a read through the ideas and choose what will work best for you.

- **Routine:** a bedtime routine is key. As children we often had brilliant routines, but as we develop into adulthood, we are more stressed and have less routine at night. Try to set time aside to wind down and be in bed by a time that is achievable to you. This goes with the morning as well. Set a time to be up and get up when that alarm goes off!
- **Blue light:** avoid using tablets/phones/laptops/TVs at least half an hour before bed as the blue light in screens can suppress the body's release of melatonin, a hormone that helps regulate sleep.
- **Night-time thinking:** people can tend to struggle to sleep if they over-think at night or think of all the 'things to do' the next day. It can be useful to write down your thoughts before bed. If they are worries you can't control, physically throw them away. If they are thoughts about things that need to be done – you have your 'to do' list for tomorrow, so leave that responsibility for the next day.
- **Tossing and turning:** when people struggle to sleep, they can often toss and turn for long periods of time. The brain is then making a connection between your bed and staying awake. If you have not fallen asleep within 20 minutes, it is advisable to get up and do something relaxing for 10 minutes before trying again. Keep doing this until you fall sleep, to help make an association between your bed and sleep.
- **Alcohol:** people may believe that when they have drunk alcohol, they sleep better but it has been found that alcohol prevents the REM cycle, so the quality of sleep is not good. Cutting down on alcohol can therefore improve sleep.

- **Bedroom:** our environment can have a large impact on sleep so it may be worth looking at your bedroom and your bed to see if there is anything that can change - what are your pillows like? Is it dark enough? Are you warm enough?
- Remember that any change takes time, practice and patience, but give any of the above tips a go!



RESOURCES

None needed. The [Sleep Council website](#) offer further resources and information. If you are struggling to cope please visit the [Student Wellbeing Service](#).