

Sleep

A free fact sheet from **Helping You Sparkle™**



How are you sleeping?

Sleep is essential to our health and wellbeing, in fact it's as important to us as food and water. But more and more people are finding it hard to get a good night's sleep. Why is that and what can help?

If you've ever had a bad night's sleep you'll know how rough or grumpy you can feel the next day. Over a period of time, sleep deprivation can lead to significant health problems so making sure you sleep well is key to your mental health and physical wellbeing.

38%

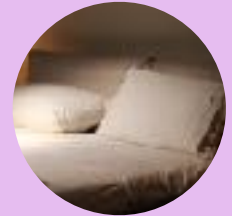
Only 38% of people in the UK would describe themselves as 'good sleepers'.

79%

79% of people reported having insomnia for two years or more.

95%

95% of people surveyed said they had low energy levels in their daily lives.



Bed Space

Your bed should be comfy; Ideally changing your mattress every 8 years or so.



Sanctuary

Your bedroom should be a place of peace, warm (not too warm) and quiet.



Electronics

Avoid using your mobile device at night, and watching TV in the bedroom.

Cause and Effect

“The biggest killer of children and young people is transport collisions, and one in five crashes on major roads is related to lack of sleep.” RSPH report.

There could be any number of reasons why you’re not sleeping well, including unhealthy lifestyle, stress from work, bereavement or worrying about the future. The impact of not sleeping well can be serious so it’s important to ask for help.

Treatments

If you’ve been having problems sleeping for a while, it can be useful to talk to your doctor about any underlying causes. Your doctor may discuss with you the benefits of talking therapies or techniques like Mindfulness which can help you relax. They may discuss medication with you, but this is usually a short-term intervention and they will want to understand the root of the problem.



Take a look at some of the top tips on the right hand side of the front page.



Have a think about your lifestyle and what may be affecting how well you sleep. Stimulants like nicotine and alcohol can affect sleep quality, whilst the benefits of exercise and healthy diet are shown to improve how well you sleep. Being a new parent or commuting can also take it’s toll on how tired you feel. Talk to your family or colleagues about how adjustments can be made to reduce daytime sleepiness.

Have a look at some of the suggestions on the right-hand side of the first page as a place to start.

References

Statistics from the following sources:

- * MHF Sleep Report 2016
- * RSPH report “Waking up to the health benefits of sleep” 2016

ABOUT HELPING YOU SPARKLE™

Helping You Sparkle™ provides paid-for, private talking therapies and group learning on topics including healthy sleep, and Mindfulness - a proven technique to aid relaxation. Click [here](#) to book or enquire.

[Subscribe to Sparkle](#) - a regular slice of positive mojo direct to your inbox, where you can find more free resources including guides on meditation and better sleep. Delphi is a qualified Therapist and Trainer, specialising in Dreams and Sleep, as seen on TV. She has a dedicated resource to dreams and sleep [here](#).

