

# Sleep

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Poor sleep (insomnia) is common (about a third of adults don't feel that their sleep is satisfactory) and can affect mental health and physical health. There are a number of things that you can do to improve your chance of a good night's sleep.

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

Lots of us rely on our phones, but using phones or tablets in the 90 minutes before bed can stimulate the brain and affect the natural sleep chemicals in our brains. Try and switch off your phone/tablet and dim the lights in the evening to help yourself wind down in the hour and a half before bed. Try to avoid stimulating television programmes during this time also and avoid having caffeinated drinks after 2pm if possible.

Some people find meditation and yoga can be helpful in helping them to sleep well.

<https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>