

Sleep Hygiene



Sleep

- a condition of body and mind that typically recurs for several hours every night, in which the eyes are closed, the postural muscles relaxed, the activity of the brain altered, and consciousness of the surroundings practically suspended.



Hygiene

- conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.



<https://youtu.be/ritwINtHNrY>

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“If you’re going to wake up and do your best work – the most challenging, inspired work you’ve ever done – you need to wake up rested,” said James.

“Sleep is key to both my physical and mental routine, and Calm helps me get the sleep I need.”



How much do you get? Why is it important?

Sleep in numbers



around
£30bn

annual cost
of lost sleep
to the UK¹

200,000 working days lost



in UK every year to
insufficient sleep¹



1 in every 3

people in the UK are
affected by insomnia³

Better sleep

is the biggest
single contributor
to living better⁶



We naturally feel
tired at two different
times of the day:

2pm



2am

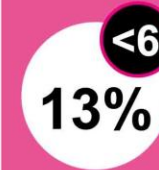
Working **night shifts**
has about a **25-30%**
higher risk of injury
than working day shifts⁷



3.2 million
night workers
in the UK⁵

And **1 in 9** workers
who work night shifts⁵

Health risks:



Adults who sleep fewer
than **6 hours** a night have
a **13% higher mortality**
risk than adults who sleep
at least 7 hrs¹



Adults who sleep less
than **7 hours** a day are
30% more likely to be
obese than those who
sleep for 9 hours or more⁴

Adults **need**
between
7 & 9
hours of
sleep a night²



We spend about
1/3 of our
lives sleeping

Why we need to **SLEEP**

You'll **FEEL** better

Sleep restores our energy, fights off illness and fatigue by strengthening our immune system. Better sleep produces a more positive mood

You'll **LOOK** better

Too little sleep leads to lackluster and wrinkle-prone skin.

You'll **BEHAVE** better

We're grumpier, snappier and have less patience when we've not had enough sleep.


You'll **THINK** better

Lack of sleep causes changes to the way our brains function in areas of impulse control and decision making.

You'll **PERFORM** better

Losing sleep erodes concentration and problem-solving ability. Each hour of sleep lost per night is associated with a temporary loss of 1 IQ point.





Quick sleep tips

Follow these tips to establish healthy sleep habits:

Set a bedtime that is early enough for you to get at least 7-8 hours of sleep. **Maintain a sleep diary** : Track your sleep times and activities before going to bed to identify what works well and what hinders a good night's sleep.

Schedule worry time : it can be helpful and even fun to have a worry time earlier in the day to talk about and share fears and concerns

If you don't fall asleep after 20 minutes, get out of bed. Go **do a quiet activity** without a lot of light exposure. It is especially important to **not get on electronics. Perhaps try a deep breathing technique**

Relaxation techniques: Visualizing relaxing scenes, such as the beach or vacations, along with slow abdominal breathing, can help us become calm and ready for sleep.

Security objects : Dolls, soft toys, and blankets can help transition to a feeling of security and safety in bed.

Quick sleep tips



Other useful resources

- **Progressive Muscle Relaxation:** A video to try with your mum or on your own ; PMR works in part by helping to counteract a normal reaction to stress known as the [flight-or-fight response](#). Relaxation techniques, including PMR, have the reverse effect on the body, eliciting the [relaxation response](#), lowering heart rate, calming the mind, and reducing bodily tension. PMR also can help a person become more aware of how their physical stress may be contributing to their emotional state. By relaxing the body, a person may be able to let go of anxious thoughts and feelings.
- Video: [Progressive Muscle Relaxation Training - YouTube](#)
- **Square Breathing Technique for Grounding yourself when feeling worried :**
- [Square Breathing - Guided - YouTube](#)
- **Mindful Breathing : 3 minutes of guided breathing :** <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
- **CALM:** have a look through this page.
- [Calm - YouTube](#)