

# Sleep hygiene

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## Information for patients

This leaflet contains advice on what you can do to get a good night's sleep.

## Why sleep hygiene is important

Healthy sleep is important for physical and mental health. If you struggle to fall asleep, fail to sleep through the night, or feel tired throughout the day, this may be a sign of poor sleep hygiene.

Good sleep hygiene habits will improve your quality of sleep.

## How to improve your sleep hygiene

Things to do to help you sleep:

- stick to a routine, wake up at the same time every morning
- get regular exercise
- only go to bed when you feel tired
- only use your bedroom to sleep, have sex and get dressed
- improve your bedroom environment:
  - keep the temperature comfortable
  - make sure the room is dark, thicker curtains may help
  - keep it quiet, sleep in a different part of your home or use earplugs
- try to relax and unwind in the hour before going to sleep, a warm bath or massage can help
- if you are not asleep within 20 minutes of going to bed, leave your bedroom and try a non-stimulating activity, such as reading in dim light - return to bed when you feel sleepy again

Things to avoid:

- caffeine, such as coffee, tea or chocolate, in the evening (caffeine can stay in your body for six hours)
- drinking alcohol in the evening or using it to get to sleep
- smoking (nicotine is a stimulant)
- exercising within four hours of going to bed
- reading or watching television in bed



- taking daytime naps or falling asleep in front of the television in the evenings, as this will risk negatively resetting your body clock
- trying to sleep when you are not tired, as this will make your mind more alert

## Sleepstation

Sleepstation is a six-week online course for those who struggle to fall asleep or fail to sleep through the night. The course is tailored to your needs, using the information you provide. A team of sleep experts will offer helpful advice and support throughout. It is free to access in England through GP referral. Visit your GP to request referral or go to **[www.sleepstation.org.uk](http://www.sleepstation.org.uk)** for further details.

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **[kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)**

You can also contact us by using our online form at

**[www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)**

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**



