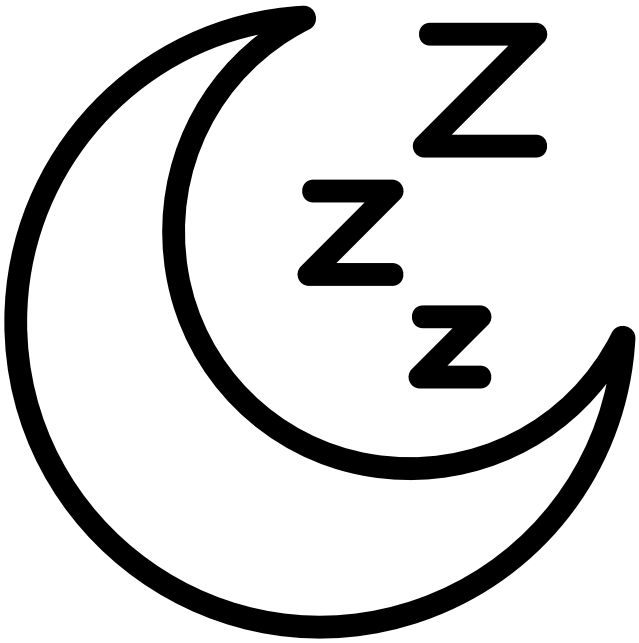
Lincolnshire Partnership
NHS Foundation Trust

Sleep Hygiene



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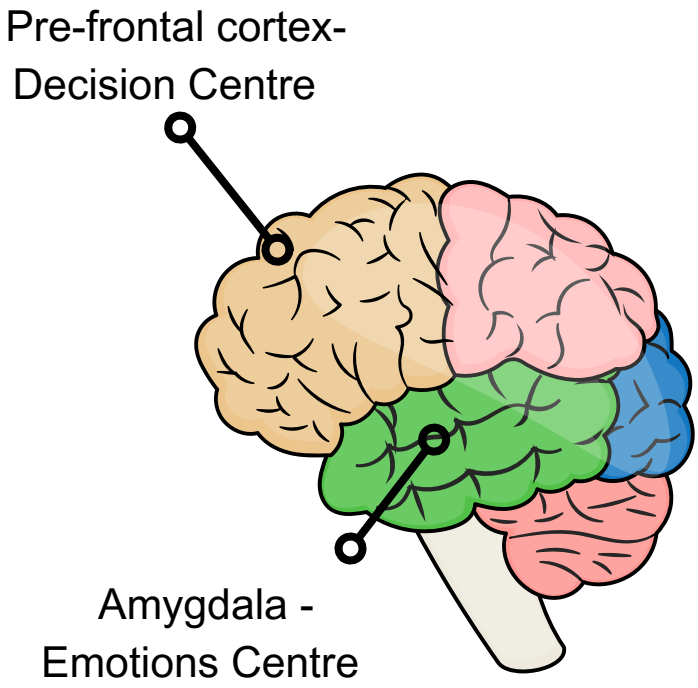
Why is sleep so important?

Sleep has been called the ‘Swiss Army Knife’ of the body as it can impact so may of the body’s functions.



SCAN ME

We know the brain’s emotions centre, the **amygdala**, is hyperactive when people haven’t had enough sleep. This change can be noticed even after one night of being sleep deprived!

We also know that sleep impacts the decision-making centre of our brain, the **pre-frontal cortex**. When we have had sufficient sleep both parts work together by looking at the practical information AND the emotional mind.
When sleep deprived this communication is stunted so the emotional amygdala leads the way.

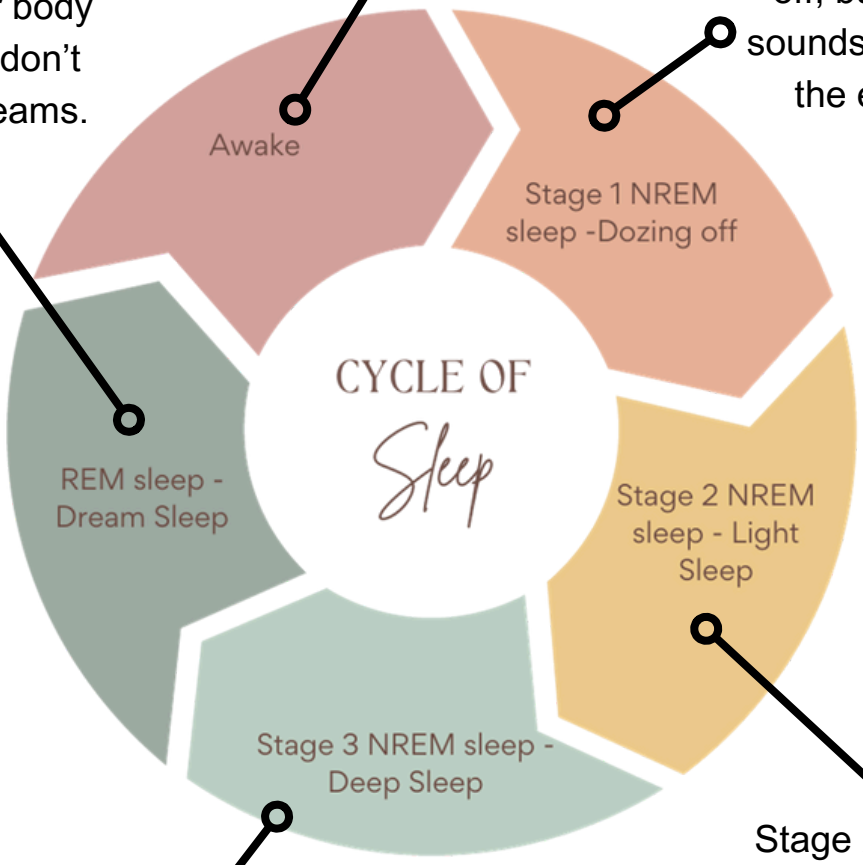
Sleep Cycles

When we go to sleep our brain begins a cycle of sleep with distinct phases. Each cycle lasts about 90 minutes and the average person can have 5 to 6 cycles in a night.

Ideally we wake up after REM sleep.

REM – This is when we dream, our body is limp so we don't act out our dreams.

Stage 1 – We are dozing off, but still aware of sounds and changes in the environment.



Stage 2 – Our brain waves slow down. Most of our sleep is this stage.

Stage 3 – This is our deepest sleep. Here, our brain repairs injuries and reinforces our immune system so we stay healthy.

Sleep Hygiene

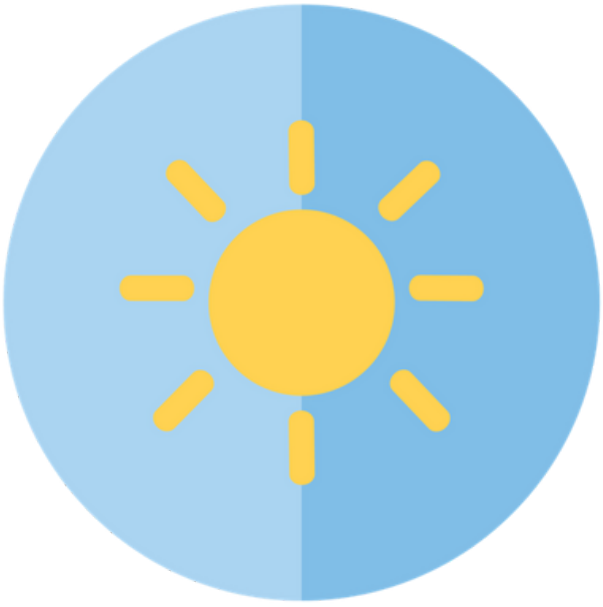
Having good ‘Sleep Hygiene’ means having good sleep habits and routines that promote consistent, uninterrupted and restorative sleep. Good sleep hygiene helps us to feel physically and mentally well.

Waking Up

•If you consistently feel groggy upon waking up this could be a sign that you need to improve your sleep hygiene.

•Try to avoid setting multiple alarms or hitting snooze – These can disrupt the way the brain naturally wakes up.

•Exposure to daylight will naturally wake you up. It can be helpful to go for a morning walk to help your body identify this is the start of the day.



During the day

Getting a good night’s sleep starts long before we go to bed:

•Try to move your body – especially outside in the sunlight
•Get up at the same time each day to build routine
•Keep your bed for sleep only
•Limit caffeine and sugar intake in the afternoon and evening.

Sleep Hygiene

Bedroom Environment

•An ideal bedroom should be free of distractions, quiet, dark, clutter free and cool.
•Is your bed comfortable?
•Seeing clutter can make you feel stressed before you go to sleep.
•Keep the conditions the same all night (setting music to turn off after you're asleep might actually wake you up!)
•Get your room just right!

Bedtime Routine

A good bedtime routine can set our bodies up for sleep

•Avoid screens
•Do something calming
•Write down any worries or plan a to-do list for the next day
•Do the same thing every night

Waking up in the night

•Waking up in the night is natural however it becomes a problem when we can't fall back to sleep.
•Focus on slow breathing and avoid watching the clock – this can make you more anxious.
•If after 20 minutes you still feel awake, get up and try reading or listening to soothing sounds (keep the lighting low)
•Staying awake in bed leads the brain to associate the bed with being awake, planning, worrying etc instead of for sleeping.

My sleep routine

Everyone is different so it’s important to build a routine that is right for you. Use the space below to plan a realistic routine that includes a lot of good sleep hygiene practises.

Waking Up

During the day

Bedtime environment

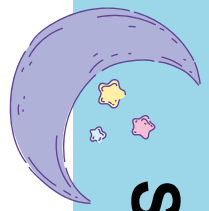
Night time

Sleep Diary

Keeping a sleep dairy can be help you understand what is happening with your sleep. Use the below sleep dairy to help you understand your own routines.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What did you do before bed?							
What time did you go to bed?							
When approx. did you fall asleep?							
Did you wake during the night?							
When did you wake up?							
How did you feel when you woke up?							

Sleep Diary



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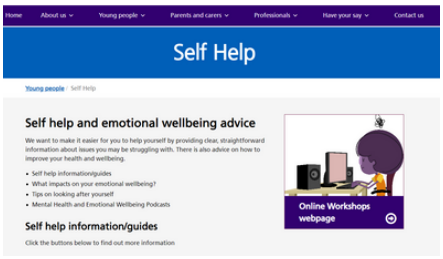
Resources

Sometimes skills can take a bit of practice, the links on this page can help you on your journey:

LPFT Young People - Self-Help pages - There is advice on how to improve your health and wellbeing.



SCAN ME

LPFT Young People's Podcast - Our teams have launched a podcast to promote positive mental health for children and young people!
Scan the QR Code to listen.

Kooth.com

Kooth is your online mental wellbeing community. Access free, safe and anonymous.

Shout

Shout is the UK's first free 24/7 crisis text line available for anyone, anytime, anywhere.
Text **SHOUT** to **85258**

Here4You Line

Call **0800 234 6342** to speak to one of our staff for advice or to make a referral.