

Quick tips on sleep



Make your bedroom a calm space

Make sure the light, temperature and sound level suits you. Cool, dark and quiet usually works.

Turn off electrical screens

TVs, computers and phones all stimulate your brain, making it hard to relax.

Try a breathing technique

In a comfortable position, breathe in deeply – then breathe out slowly. Try to make your out-breath longer than your in-breath. Repeat until you feel relaxed.

Notice what you eat and drink

Caffeine, alcohol and sugary foods can all disturb your sleep patterns.

Try to do some exercise

This will improve your sleep, as long as it's not too late in the evening.

Check for a physical cause

Pain, illness or other physical problems can disturb your sleep. Visit your GP to investigate potential causes.

Talk to your partner

Snoring, preferred side of the bed and other common issues can often be easily resolved

Plan your day

Try to do more worrying tasks earlier in the day and relaxing ones later.

Keep a sleep diary

This may help you spot patterns in your everyday sleeping habits and give you insight into what might be causing you problems.

Change your medication

Many drugs, particularly common ones for mental health problems, can affect your sleep. Talk to your GP to discuss alternatives.

For more information visit mind.org.uk/sleep
Mind Infoline: 0300 123 3393 or text: 86463