

**wee changes** can make a **big difference** in helping you feel better

*Tips for a better night's sleep*



## Make your bedroom a place to unwind

Decluttering your bedroom, using relaxing colours, positioning your bed in a way works best for you can all help get a better night sleep

## Leave social media out of the bedroom

If you want a good sleep don't have mobile phones, iPad, anything which pings to let you know you have mail or updates on social media this is a time to relax and unwind not socialise



## Get into a routine



A routine before bedtime sends a signal to your mind you are getting ready to go to sleep, also, going to bed at a regular time helps programme your mind for sleep, work out a routine which is helpful for you and try and stick to it

## No stimulants

Trying to get to sleep means you want to unwind, coffee, cigarettes, fizzy drinks can all be stimulating and make it harder to sleep so avoid at least an hour before bed. Also, using alcohol is not a healthy way to get a good night's sleep and overuse can just lead to more problems. Also try and not eat anything heavy to digest before going to bed as this too can keep you awake



## Be active during the day



Exercising, going a walk, being active during the day all makes you more likely to feel tired so be more likely to go to sleep and have a good sleep once you are in bed

Remember consult with your GP before making any lifestyle changes. For more information contact **COPE** on our website: [www.cope-scotland.org](http://www.cope-scotland.org)



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## If you can't sleep get up

If you find you're lying thinking about not sleeping get up and do something boring, lying worrying about not sleeping will make it harder to sleep, get up and do something boring which will help make you feel tired and more likely to go back to bed and sleep, don't be tempted to have a cigarette or coffee this will only wake you up more



## Talk to someone

If there is something on your mind keeping you awake then maybe speak to someone about that, your GP should be able to signpost you to support

## Is your bed, mattress and pillows comfy?

It can be an expense we don't need, but, a good night's sleep is priceless, if your bed isn't comfy then getting a good night's sleep will be a challenge, if a new mattress is too dear maybe start with new pillows or a mattress topper



## Wind down

To help get in the mood for sleep, have some wind down activities you do before bed, this may even include listening to a relaxation CD, there are a few to choose from on **COPE Scotland's** website just visit the sharing section [www.cope-scotland.org](http://www.cope-scotland.org) or learn how to give yourself a hand massage and use some hand cream or essential oils again all part of a pre sleep ritual which can help you feel more rested and get a better nights sleep



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