the Sleep Charity

ADVICE SHEET

But i'm not tired

The amount of sleep needed is different for everyone. **Stop counting the hours**

Focus on **how you feel** the next day

Good quality sleep is important. Remember you can have 10 hours of disrupted sleep that leaves you feeling exhausted

Ditch any gadgets that you use to track sleep. They are not accurate and can make you feel anxious. This is not ideal at bedtime!

You need enough sleep to **wake feeling refreshed** the next day

Go to bed only when you feel tired. **You cannot force sleep**

Stop **comparing your sleep** to others

You need to **build a positive relationship** with sleep and your bed. If you are in bed wide awake it can become a place where you watch TV, scroll through social media and worry. These are not the associations we want to create

If you can't sleep, get up! Do something relaxing and return to bed when you feel tired

the national sleep helpline

03303 530 541

For more information visit
thesleepcharity.org.uk