



SLEEP ADVICE

If you, or someone you know, is struggling to sleep because of the cold, lack of essential items or poor living conditions, the following advice may be able to help.

Staying warm:

- Close your curtains and doors to keep heat in
- If there are rooms that you don't use turn the radiators off and close the doors
- Wearing layers is the best way to keep warm
- Use a hot water bottle in bed or an electric blanket, never use both together!
- Wear bed socks if your feet get cold in the night, woolly socks are best for warmth
- Use draught excluders – you can make your own from rolled up sheets
- Consider wearing thermals if you are feeling the cold
- Use high tog quilts, the higher the tog the more warmth it will provide
- Make sure you have at least one hot meal a day and hot drinks. Boil the kettle once and use a flask to save energy
- Contact your local Citizen's Advice to check that you are claiming all the benefits that you can

Buying new furniture or furnishings may not be possible right now. It is important that you are comfortable however if you are to get a good night's sleep. Here are some simple tips:

- Use blankets/duvets to provide padding, making the floor a more comfortable space if you don't have a bed
- Use sheets to cover windows if you do not have curtains. Light will disrupt your sleep
- Where possible, visit charity shops to pick up items at a reduced price

This is a worrying time, if you are finding that your mental health is affected it can be hard to fall asleep.

- Speak to your GP for support as soon as possible
- There are also a number of national helplines where you can speak to somebody these include MIND, Rethink
- If you start to worry when you get into bed you will find it impossible to nod off, try counting from 100 backwards in 7s to distract your mind
- Keep a notepad where you sleep to jot down any worries, this can sometimes help
- Concentrate on your breathing to help you to feel calmer, breathe in for the count of 7 and out for the count of 11

Support – if you are struggling to have the basics to sleep well, please ask a professional who is supporting you to complete a referral form around accessing items that may help.