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|  |  | **Working Together. Occupational Therapy in GP Practices**Your Occupational Therapist is……………………………….Contact Number………………………………………………...Difficulties with sleep are very common. People can experience trouble;* Getting to sleep
* Staying asleep
* Not feeling refreshed on wakening

The amount of sleep required varies from person to person. It is normal to sleep between 6-9 hours however if you feel tired constantly, it may mean that you need more sleep. What affects our sleep* Worry/stress
* Routine
* Medication
* Age
* Shift work
* Smoking/alcohol/caffeine
* Pain

Without adequate sleep we can become* Tired
* Anxious
* Irritable
* Struggle to pay attention/remember information
* Depressed
* Stressed

Your Occupational Therapist may use this diagram below to discuss the circadian rhythm.The circadian rhythm is also known as our body clock. It operates in 90 min cycles throughout the day and we have a peak (where we have more energy) and a dip (when we are more tired) within each cycle.Tips that may improve sleep;* ***Routine***
	+ Go to bed and wake up at the same time each day.
	+ Plan time daily to do activities that relax you and that you enjoy.
	+ Do some exercise and get some fresh air daily.
	+ If you are not asleep within 15-20mins leave the bedroom and return to attempt sleep after a short period away.
* **Environment**
	+ Try and optimise the sleeping environment ie, comfy mattress, pillow, de-cluttered.
	+ Reduce or limit any factors that are not sleep promoting
	+ Keep it cool but not cold.
	+ Ensure it is dark.
	+ Try, where possible, to not use the bed throughout the day.
* **Thoughts**
	+ Use to do lists to decrease the pressure on your brain to remember information.
	+ Try writing thoughts down prior to bed.
	+ Practice relaxation/distraction techniques daily.

Things to avoid;* Smoking/ alcohol and recreational drug use
* Napping at all through the day

Things to avoid in the 2hours before bed;* Blue screen use
* Heavy meals
* Large quantities of fluid/ milky drinks
* Hot baths
* Caffeine
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| **Difficulties with Sleep**Useful Resources:Sleep UnlimitedNHS inform Sleepio app |  |