

SLEEPING PROBLEMS

I'm so tired. I just want to sleep

WHAT ARE SLEEPING PROBLEMS?

Sleep is very important for our health and has a big influence on our mood, our ability to think and our overall well-being. After sleep we tend to wake up feeling refreshed and ready for the next day. Some nights we may struggle to go to bed or remain asleep. However, if you suffer from sleeping problems then you may find that the inability to get to sleep is a daily occurrence. As a result you may still feel tired in the morning and not as refreshed as you'd like to be

HOW DO YOU KNOW YOU HAVE SLEEPING PROBLEMS?

If you suffer from sleeping problems, then you are likely to suffer from the following issues:

- Struggling to fall asleep when you go to bed
- Feeling wide awake at bed time
- Interrupted sleep – waking up in the night and sometimes being unable to get back to sleep
- Waking up early in the morning
- Feeling tired
- Finding it hard to concentrate
- Feeling short tempered
- Being forgetful
- Dreading going to bed at night

My mind never wants to rest

CAUSES

Although there are many reasons why someone may be having trouble sleeping, insomnia can often be caused by:

- An underlying issue such as a medical problem like chronic pain or depression
- Stress and anxiety
- Changes to your sleeping environment
- Changes to your routine, such as working night shifts
- Where you are sleeping being too hot or too cold
- Side effects from any medicines you are taking
- A traumatic event
- Loss of a loved one

SLEEPING PROBLEMS CAN BE FIXED

There are many things you can try to improve your sleep, including:


- Try to do regular exercise but not too close to bed time
- Try to go to sleep and wake up at the same time each day so that you build a routine
- Avoid caffeine, including tea, coffee and caffeinated drinks
- Avoid drinking a lot of alcohol before bed
- Try to go to bed at bedtime and try not to panic if you're not falling asleep
- If you've been awake for hours, it might be worth doing something like reading a book, meditating or listening to some relaxing music.
- Relaxation exercises (See Mindfulness Information Sheet)

If these don't work and your problems persist, it may be that there are things on your mind that are stopping you from getting the sleep you need. Off The Record provides a range of services to support young people through tough times. If you are struggling to sleep, make the first step by giving us a call.

HOW DO YOU CONTACT US?

 www.talkofftherecord.org

 020 8251 0251

 /talkOTR

 @talkOTR

 croydon@talkofftherecord.org

 Off the Record, 72 Queens Road, Croydon, Surrey, CR0 2PR

TALK TO US

OFF
THE **RECORD**