



# SLEEP

**Bromley**

**Well**

## HEALTH FACT SHEET

Updated October 2024

### Why is it important?

Sleep is important for our physical and emotional wellbeing. When we don't get enough sleep we can become irritable and impatient and find it difficult to concentrate. We can feel anxious and low.

Sleep helps to regulate our blood pressure and our metabolism and weight. If you are living with a long term health condition getting a good night's sleep is an important part of managing your symptoms.

### How to Improve Sleep

#### REGULAR ACTIVITY

Physical activity is shown to relieve stress and aids in good quality sleep.

#### ALLOCATING TIME TO UNLOAD WHAT YOU'RE WORRYING ABOUT

Setting aside some 'worry' time each day to write down anything that's bothering you and set it aside until the next day can help to get those thoughts out of your head.

#### MAKE TIME FOR RELAXATION

Relaxation exercises e.g. breathing exercises, muscle relaxation techniques or a relaxing bedtime routine e.g. taking a bath or shower, listening to music, reading will help you wind down.

#### MAKE YOUR BEDROOM A SLEEP FRIENDLY ENVIRONMENT

Make sure your bedroom is dark, your pillow and mattress are comfortable and your bedroom is the right temperature – not too hot or too cold.

<p><b>Sleep Council</b> <a href="http://www.sleepcouncil.org.uk">www.sleepcouncil.org.uk</a></p>	<p>An advisory organisation that raises awareness of the importance of a good night's sleep and provides advice on how to improve sleep quality.</p>
<p><b>NHS Sleep and Tiredness</b> <a href="http://www.nhs.uk/live-well/sleep-and-tiredness/">www.nhs.uk/live-well/sleep-and-tiredness/</a></p>	<p>NHS guidelines for getting a good night's sleep</p>
<p><b>Why We Sleep - Matthew Walker</b> <a href="https://www.youtube.com/watch?v=WtRVxoQddk4">https://www.youtube.com/watch?v=WtRVxoQddk4</a></p>	<p>Professor of neuroscience in Berkley California, Matthew Walker has produced a number of easy to follow YouTube videos explaining the importance of sleep for our bodies and minds.</p>
<p><b>Good Sleep Guide</b> <a href="http://www.csp.org.uk/publications/good-sleep-guide">www.csp.org.uk/publications/good-sleep-guide</a></p>	<p>Information pamphlet from the Chartered Society of Physiotherapists that can be ordered or downloaded from the site as a pdf. Guide contains advice about sleeping positions, use of pillows and mattresses.</p>

**To register with Bromley Well:**  
**Freephone 0808 278 7898**  
**Or register online:**  
**[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Contact Lifestyle Support direct**  
**07985 431484 / 07985 444210**  
**or email**  
**[enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)**