> 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.

Links to online resources	Description
The Sleep Council	An advisory organisation that raises awareness of the importance of a good night's sleep and provides advice on how to improve sleep quality.
NHS Live Well Sleep and Tiredness	NHS guidelines for getting a good night's sleep.
NHS Wellbeing Apps	NHS Wellbeing Apps including Sleep Station, a six week course.
Why We Sleep Matthew Walker	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.
Good Sleep Guide	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.

Thing s that are known to improve sleep

- Regular physical exercise.
- Setting aside some 'worry' time each day to write down anything that's bothering you and set it aside until the next day.
- Relaxation exercises e.g. breathing exercises, muscle relaxation techniques.
- Having a relaxing bedtime routine e.g. taking a bath or shower, listening to music, reading.
- Having a sleep friendly environment e.g. 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.

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