



This leaflet has been checked by the Learning Disability Talk and Listen Group



# Sleeping well



Some people will need someone to help them to go through this information so that they understand it.

This person may be a member of staff, someone from your family or a friend.

## Why is sleep good for you?



Sleep helps your body rest and feel strong.



Sleep helps you feel calmer and happier.



Sleep helps your body and mind stay healthy.

## How to sleep better



Lots of people have problems getting to sleep or staying asleep.



There are things you can do to help you sleep better.



If you can, try to go to bed at the same time every night and wake up at the same time every morning.



Only use your bedroom for sleep and rest.



Try to relax before bedtime.

You could try:

- colouring
- listening to music
- having a bath



Try to get some fresh air every day.



Turn off the light and use dark curtains.

You can use a night light if you are scared of the dark.



Make sure your bedroom is quiet at bedtime.



Before bed try not to:

- watch TV
- play video games
- use your phone
- use your table



Try not to eat too much before bedtime.

Try not to eat 1 or 2 hours before bedtime.



Try not to drink fizzy drinks or coffee before bedtime because they can keep you awake.