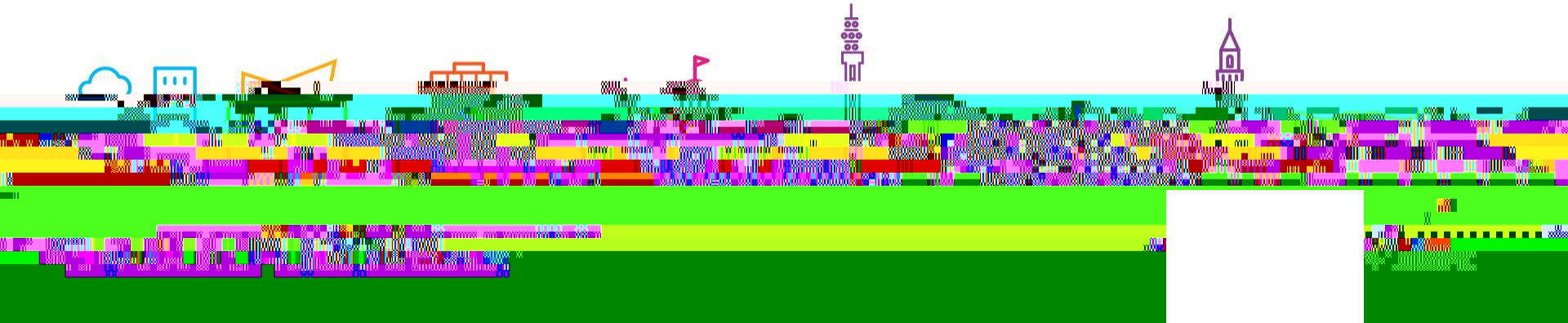


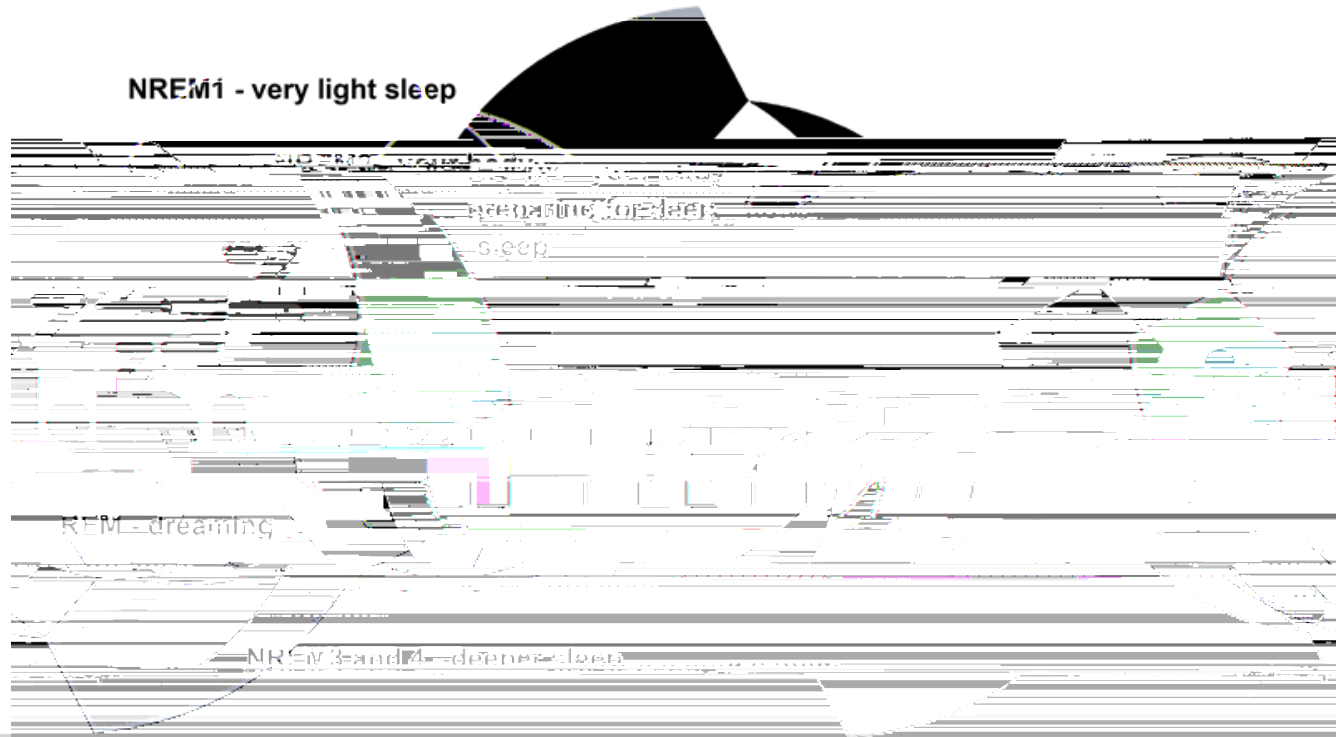
A Bolder Healthier Winter



A Bolder Healthier Winter

A coalition
of local
health
direct
reach to communities and
to
support their communities

Understanding sleep



How can sleep problems present?

- f* Difficulty getting to sleep
- f* Difficulty staying asleep
- f* Waking up too early
- f* Poor quality, disturbed sleep
- f* Sleeping too much

What impact can sleep difficulties have on us?

- f* Constant tiredness
- f* Changes in mood
- f* Difficulty getting up in the morning
- f* Difficulty concentrating
- f* Exacerbation of health problems

Developing good sleep hygiene

- f* Address stress and worries
- f* Create a comfortable sleeping environment
- f* Think about food and drink
- f* Be aware of substances
- f* Develop a routine
- f* Avoid over-stimulating activities
- f* Be aware of your tiredness levels

Overcoming problems with sleep

- f* Identify the problem
- f* Make a change to address the problem
- f* Seek help when you need it

Where can you get advice and support?

f [National Sleep Helpline](#) - 03303 530 541

f [Mind](#) - 0300 123 3393

f [Every Mind Matters](#)

f Your GP



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