SLEEP zzz

21 Years

Sleep Unlimited ltd



Exercise is really helpful for sleep.

But try not to exercise in the 2 hours before bed. Exercise increases heart rate and blood pressure which interferes with sleep. Making time to wind down before bed will help you to sleep.

Eating healthily and maintaining a healthy weight.

Fatty and sugary foods are difficult to digest and they boost our energy. Don't eat a large meal in the 2 hours before bed. Being overweight will increase your risk of developing Sleep Apnoea (sleep disordered breathing).



Sleep loves quiet, dark and boring! Make sure that you are comfortable and the right temperature in bed.

If light or noise is impacting on your ability to sleep, an eye mask or ear plugs can help.

If you're waking up to use the bathroom in the middle of the night, reduce the amount of liquid you drink, especially in the 2 hours before bed.

Avoid screen use in the 2 hours before bed – the light from the screen and stimulation is not conducive to sleep well.



Routine and consistency: aim for a regular bedtime and get up time every day.

Avoid napping during the day while you are resting (unless you are a very young child or you are ill) – don't rest in your bedroom and try and consolidate your sleep at night.



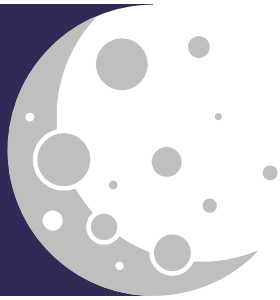
Being outside – as much time spent outside is good for sleep as it is essential in the production of melatonin – so find time to get into natural daylight – preferably in the morning or early afternoon for at least half an hour.



Alcohol, nicotine & caffeine

all affect sleep – if you're having problems sleeping avoid these substances especially in the afternoons and evenings.

If you wake up in the middle of the night and have trouble getting back to sleep, leave the bedroom and only go back to bed when you feel tired (a good sign of this is a yawn). This could be up to 45 minutes after you've woken up.



We can all suffer from periods of disruption to our sleep – but for many of us this can become a chronic problem. Insomnia can affect our relationships with others, how well we function at work and can have a negative impact on our health, lifestyle, goals and aspirations.

If you feel like you'd need more help – if you've had a sleep problem for a while, or have factors such as stress or anxiety or travelling for work/working shifts affecting your sleep, then an assessment and consultation could help.

We use evidence-based and NICE recommended Cognitive Behavioural Therapy for insomnia – all of our work is clinically effective in a wide range of populations, including those living with mental health issues, pain and brain injury – and our programme is effective for both adults and children.



Feedback from iSleep™ assessments:

'The Sleep Unlimited information and assessment have changed my life – literally.'

'I return to work next week after being off with stress, anxiety and complete burnout..'
'The change in my wellbeing because of sleep routines and quality sleep is nothing short of remarkable.'

'Sincere thanks for helping me get my life back!'

'I am sleeping much better and when pain issues are bad use the techniques advised.'

'I have recommended a number of friends and have an improved quality of life.'

'I would not have had the awareness or mental strength to do this (make changes) had it not been for Dr Lee's phone call in response to my email.'

If you would like to enquire about an iSleep™ assessment or any of our services, please contact our friendly team at:

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