



Therapy Team

Promoting good sleeping habits



Sleep plays an important role in helping us to function. Everyone can have periods of poor or disturbed sleep but prolonged periods of this can impact on your mood, immunity, concentration and cause additional health issues such as weight gain or increased blood pressure .

Think about what may be causing difficulties in your sleep pattern

- What is keeping you awake?
- What is waking you up?
- What is keeping you from getting back to sleep?
- What is getting you up so early in the morning?
- Are your medications making an impact on your sleep?

Good sleep habits

- Try to maintain a routine if possible (waking and going to bed at the same time each day).
- Continuing to be active regularly (this may be completing chair or bed based exercises or completing a daily task that keeps you active).
- Keep your daily routine as normal as you can (maybe getting up and rest at set times, contacting friends or family, completing a daily task at set times within the day).
- Get outside in the daylight each day, either in the garden or going for a walk.

- Think about your environment - Is the temperature of the room suitable? Is the room dark? Is it quiet? Is it comfortable?
- Keep to a pre-bedtime sleep routine (Such as having a bath, reading a book, no screen time).
- If you need a nap, try to do this early afternoon for only 30 - 45 minutes.
- Try relaxation techniques.
- Write down your worries to help release them and allow you to address them in a more appropriate time (during waking hours). Consider if support from the hospice wellbeing team would be useful for you.
- Avoid caffeinated drinks, alcohol and sugar as these can cause peaks and dips in energy levels and impact on sleep patterns.
- Other drinks such as chamomile tea (medication dependant) or a cup of warm milk can have a calming sleep inducing quality.
- Avoid screens such as tablets, mobile phones and TV as these emit a blue light that stimulates the brain. In the lead up to bed, it is better to complete tasks in lower light rather than in bright light to let your brain know you are heading to bed.
- When it starts to become dark outside, use a “night” or “eye-comfort” mode on your mobile if available. This will change the phone’s screen colour and brightness intensity, moving away from the blue light that stimulates the brain.
- Try to keep the bedroom for sleeping only and not for watching TV or being on a computer.

Apps and websites that may be useful to you for further advice and techniques to help with sleep

Apps can be a useful tool to support you with management techniques, providing guidelines and ideas on how to put techniques into practice.

The following apps have been recommended by the NHS website (nhs.uk/apps-library/category/sleep).



Pzizz helps you quickly calm your mind, fall asleep fast, stay asleep and wake up refreshed.

It uses “dreamscapes”, which is a mix of music, voiceovers and sound effects designed using the latest clinical research in order to help you sleep better at night or take power naps during the day.



Sleepstation is a 6 week online course for people who struggle to fall asleep through the night. The course is tailored to your needs using the information you provide and gives you access to a team or experts who can offer advice and support throughout.