



**Be Supported**

# Sleep Hygiene

A toolkit to help you with your sleep hygiene.



[wellbeing@chi.ac.uk](mailto:wellbeing@chi.ac.uk)  
[studenhealth@chi.ac.uk](mailto:studenhealth@chi.ac.uk)



[wellbeing.chi.ac.uk/wellbeingservices](https://wellbeing.chi.ac.uk/wellbeingservices)



[@uocstudentsupport](https://www.instagram.com/uocstudentsupport)



# How to Fall Asleep Facter

Getting enough sleep is a vital for health and wellbeing and students are no exception.

A good night's sleep can improve memory, focus and concentration!

Disrupted routines, an unfamiliar environment, new flat mates and noisy hallways, can mean lots of students struggle with sleep, especially during the first Semester.

There are many ways to help achieve a healthier, more stable sleep cycle, understanding how to sleep better can make a big difference. The mental health benefits of good sleep include boosting our mood, reducing stress and helping with anxiety.

If you are finding poor sleep is affecting your wellbeing, or impacting on your ability to study, or attend lectures, you can seek face to face support by booking an appointment with one of the student health team Email [Studenthealth@chi.ac.uk](mailto:Studenthealth@chi.ac.uk)

NHS -

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/#support>

The mental health benefits of good sleep include boosting our mood, reducing stress and helping with anxiety.

- Get sleep tips sent to your inbox
- Have good sleep routine (sleep hygiene)
- Relax, unwind and try meditation to help you sleep
- Try mindfulness for sleep
- Create the right sleep environment
- Do not force sleep
- Improve sleep through diet and exercise
- More help and support with insomnia and sleep

Manchester NHS -

<https://www.gmmh.nhs.uk/self-help-sleep/>

Websites -

- **Sleep problems - Every Mind Matters - NHS** ([www.nhs.uk](http://www.nhs.uk)) **How to fall asleep faster and sleep better - Every Mind Matters - NHS** ([www.nhs.uk](http://www.nhs.uk))
- **Insomnia - NHS** ([www.nhs.uk](http://www.nhs.uk))
- **Why am I tired all the time? - NHS** ([www.nhs.uk](http://www.nhs.uk))
- **Excessive daytime sleepiness (hypersomnia) - NHS** ([www.nhs.uk](http://www.nhs.uk))



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# Sleep hygiene toolkit

Sleep Charity -

[\*\*Sleep Hygiene - The Sleep Charity\*\*](#)

Sleep Foundation -

[\*\*What Is Sleep Hygiene? | Sleep Foundation\*\*](#)

Patient -

[\*\*Insomnia \(Poor Sleep\): Causes & Treatment | Patient\*\*](#)

NICE -

[\*\*Insomnia | Health topics A to Z | CKS | NICE\*\*](#)

Sleep advisor -

- [\*\*Sleep Hygiene | Sleep Advisor\*\*](#)
- [\*\*Sleep Science | Sleep Advisor\*\*](#)
- [\*\*What are the 4 Stages of Sleep? - Sleep Advisor\*\*](#)
- [\*\*Deep Sleep: Definition and Recommendations \(sleepadvisor.org\)\*\*](#)

Manchester Uni Toolkit Manchester University -

[\*\*https://www.studentsupport.manchester.ac.uk/taking-care/wellbeing/behealthy/sleep\*\*](https://www.studentsupport.manchester.ac.uk/taking-care/wellbeing/behealthy/sleep)

Pregnancy and sleep -

[\*\*Family & Sleep | Sleep Advisor\*\*](#)

Videos -

[\*\*Tips for better sleep - Bing video\*\*](#)

Books -

[\*\*13 Best Books on Sleep You Should Read for 2023 \(sleepadvisor.org\)\*\*](#)

Helplines -

[\*\*National Sleep Helpline - The Sleep Charity 03303 530541\*\*](#)

**SPEAK TO TRAINED SLEEP ADVISORS Available**

**Monday/Tuesday/Thursday evening 7-9pm**

**Monday/Wednesday morning 9-11am \*excluding Bank Holidays**

APPS -

National institute for clinical excellence NICE recommend Sleepio as a cost saving option for treating insomnia and insomnia symptoms in primary care for people who would otherwise be offered sleep hygiene or sleeping pills.

- [\*\*Sleepio | Can't sleep? Get to sleep and stay asleep without pills or potions\*\*](#)
- [\*\*1 Recommendations | Sleepio to treat insomnia and insomnia symptoms | Guidance | NICE\*\*](#)



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