



Be Supported

Sleep Hygiene

A toolkit to help you with your sleep hygiene.



wellbeing@chi.ac.uk
studenhealth@chi.ac.uk



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

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) **How to fall asleep faster and sleep better - Every Mind Matters - NHS** (www.nhs.uk)
- **Insomnia - NHS** (www.nhs.uk)
- **Why am I tired all the time? - NHS** (www.nhs.uk)
- **Excessive daytime sleepiness (hypersomnia) - NHS** (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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Winter Rest: How to Sleep Better as the Nights Get Longer

As winter approaches and **the days grow shorter, darker, and colder, many of us notice changes in our sleep.** Winter's longer nights can make us crave more rest - but chilly mornings, dry air, and reduced daylight can also throw our sleep patterns off balance.



Our deputy CEO, Lisa Artis, is here with some top tips on how to make the most of the season and turn winter into your most restful time of year:

Embrace the darkness with rhythm.

Longer nights can trick your body into feeling sleepy earlier. Keep a consistent bedtime and wake-up time to **maintain your internal clock**.

Let the light in.

Winter's limited daylight affects melatonin and mood. **Open your curtains as soon as you wake** or **spend a few minutes outside during the day** to boost energy and reset your sleep-wake cycle.

Warm up - the right way.

A slightly cool room (around 18°C / 65°F) helps your body wind down. **Try layering blankets instead of cranking up the heat** and enjoy a warm bath before bed to relax your muscles.

Create a cosy bedtime ritual.

A book, calming music, or a few mindful breaths can **signal to your body that it's time to rest** - especially when the world outside feels cold and busy.

Watch out for the 'hibernation trap'.

It's tempting to nap more or stay in bed longer, but too much sleep can leave you groggy. **Aim for balance - enough rest to feel refreshed, but not sluggish.** If you need an afternoon nap, try to take it before 3pm to not disturb your bedtime.



Get Listening! Sleep On Series 4 is Out

Once again, we've had some amazing guests on our podcast, **Sleep On**, with our fantastic host **Dr Sophie Bostock**. This series has been kindly sponsored by **Nytol** and **Issviva Menopause**.

Guests include: **Dr James Hewitt** talking about regenerative performance; Gong Master, **Athena Ko**, looking at sound, stillness and the healing power of gong meditation for sleep; **Dr Aditi Desai** breaks down how our teeth can impact our sleep; Mercury Prize-nominated artist **Emma-Jean Thackray** opens up about her struggles with sleep on the road and **Dr Naomi Potter** demystifies menopause and sleep.

Search Sleep On wherever you listen to your podcasts.

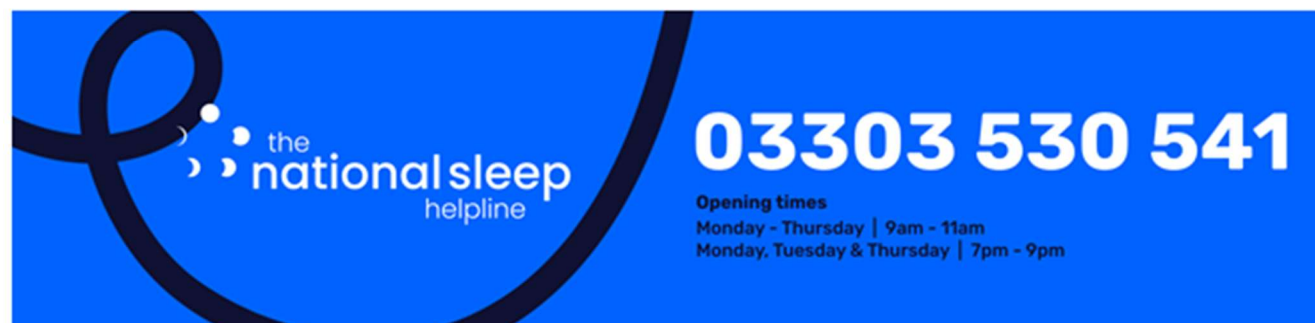
Struggling to Sleep?

Call our National Sleep Helpline. We now have new hours to support many more people and families with trained advisors ready to listen and guide you towards solutions that work for you.

There's no one-size-fits-all when it comes to sleep, but talking to a professional can:

- Help uncover possible causes
- Reassure you that you're not alone
- Support you in finding better results

Call 03303 530 541 or visit our website for more information.

A blue banner with a large, stylized white 'e' on the left. The text 'the national sleep helpline' is in white, with 'the' in a smaller font above 'national sleep' and 'helpline' below it. To the right, the phone number '03303 530 541' is displayed in large white digits. Below the number, the opening times are listed in smaller white text.

the national sleep helpline

03303 530 541

Opening times
Monday - Thursday | 9am - 11am
Monday, Tuesday & Thursday | 7pm - 9pm