



HAVING TROUBLE SLEEPING?

What are common sleep problems?

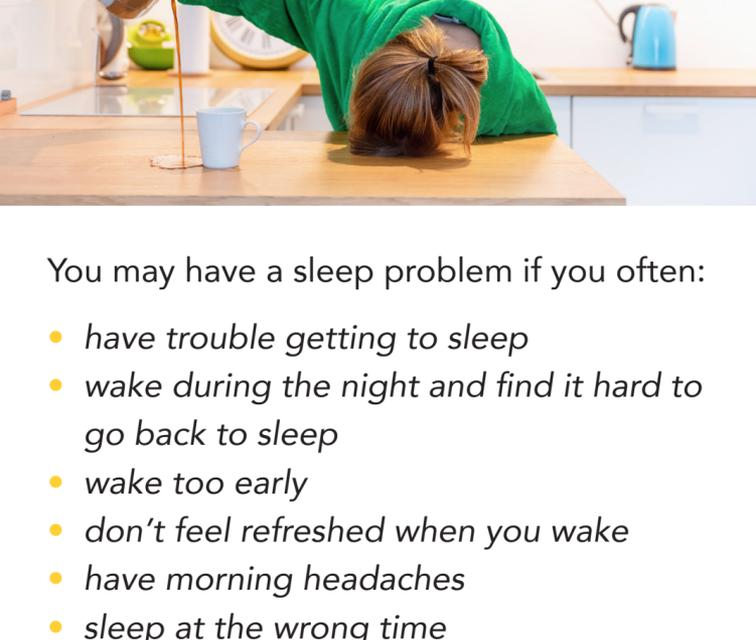
Nearly everyone has trouble getting to sleep from time to time but, for some people, this can be a regular ongoing problem.

Not only can it make you feel tired, but it can really affect your day to day functioning and health.

Learning how to manage sleep problems can greatly improve your quality of life.

- **Insomnia** – you have trouble going to sleep or staying asleep for long enough.
- **Obstructive sleep apnoea** – you stop breathing while you're asleep.
- **Snoring** – you make a snorting or rattling noise when you breathe during sleep.
- **Sleep deprivation** – you don't get enough sleep or enough good quality sleep, or you sleep at the wrong time (eg, daytime instead of night-time).
- **Restless legs syndrome** – you have a really strong urge to move your legs.

How do you know if you have a sleep problem?



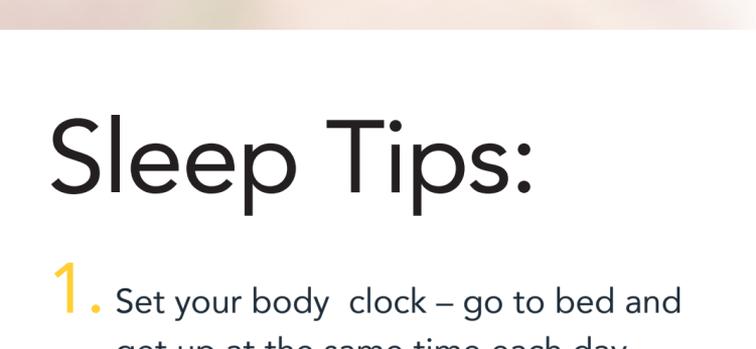
You may have a sleep problem if you often:

- *have trouble getting to sleep*
- *wake during the night and find it hard to go back to sleep*
- *wake too early*
- *don't feel refreshed when you wake*
- *have morning headaches*
- *sleep at the wrong time*
- *feel sleepy during the day*
- *feel irritable*
- *have poor concentration*

Adults need seven to nine hours of sleep a night.

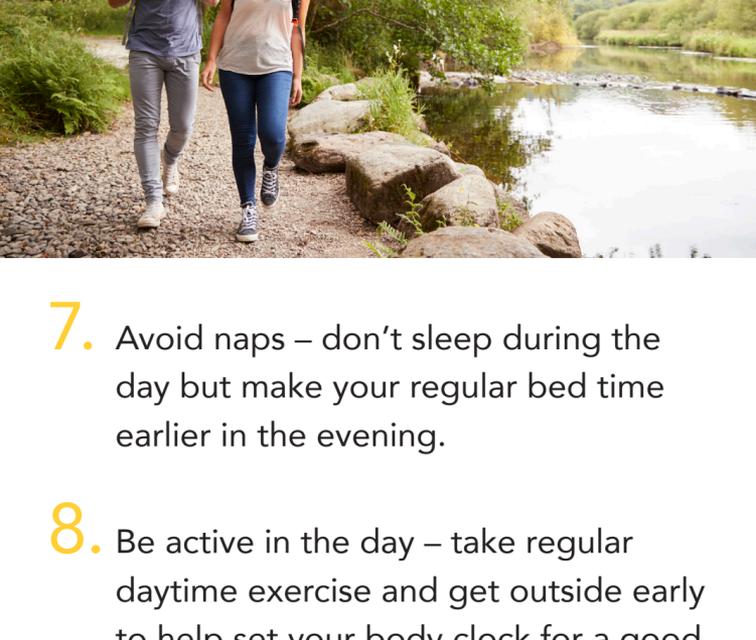
Did you know?

Not getting enough sleep, or getting poor-quality sleep, increases the risk of high blood pressure, heart disease, obesity and diabetes. That means it's important to take steps to get good quality sleep.



Sleep Tips:

1. Set your body clock – go to bed and get up at the same time each day, including weekends.
2. Get up if you can't sleep – if you can't sleep after 20 minutes or so, get up and do something boring but not screen-based. When you feel tired, try again. Don't lie in bed getting frustrated.
3. Wind down at bedtime – have an hour of quiet time before bed: read, have a bath or listen to music.
4. Reduce blue light exposure in the evening - it disrupts your body clock, causing poor sleep. Don't use your phone or computer in the evening, or if you need to, switch it to night-time setting.
5. Avoid stimulants – within two to three hours of bedtime don't smoke, drink alcohol or caffeinated drinks, eat a heavy meal or do energetic exercise.
6. Make your bedroom suitable for sleep – keep it cool, dark and quiet and use it only for sleep and sex.



7. Avoid naps – don't sleep during the day but make your regular bed time earlier in the evening.
8. Be active in the day – take regular daytime exercise and get outside early to help set your body clock for a good night's sleep.
9. Use an app – try an app or online sleep programme. Visit hn.org.nz/sleepapps for reviews.

For more information go to:

<https://www.mediboard.co.nz/wp-content/uploads/2020/07/HAVING-TROUBLE-SLEEPING-DLE.pdf>