

# SLEEP

A Free Factsheet from Delphi Ellis



## How are you sleeping?

Sleep is essential to our health and wellbeing, in fact it's as important to us as food and water. But more and more people are finding it hard to get a good night's sleep. Why is that and what can help?

If you've ever had a bad night's sleep you'll know how rough or grumpy you can feel the next day. We know that sleep is key to our mental health and physical wellbeing so here are some ideas.

**38%**

Only 38% of people in the UK would describe themselves as 'good sleepers'.

**79%**

79% of people reported having insomnia for two years or more.

**95%**

95% of people surveyed said they had low energy levels in their daily lives.



### Bed Space

Your bed should be comfy; a lumpy mattress could be keeping you awake.



### Sanctuary

Your bedroom should be a place of peace; cool (not too warm) and quiet.



### Electronics

Avoid using your mobile device at night, or watching TV in the bedroom.

## Cause and Effect

There could be a number of reasons why you're not sleeping well, including a busy life, stress from work, bereavement or just not being able to switch off. Ironically, worrying about how much sleep you're getting can actually keep us awake so looking at ways to manage this can help.

## Options

If you've been having problems sleeping for a while, your doctor may discuss with you the benefits of talking therapies or techniques like Mindfulness which can help you relax. They may discuss medication with you, but this is usually a short-term intervention while you get to the heart of the problem.

Have a think about your lifestyle and what may be affecting how well you sleep. Stimulants like nicotine and alcohol can affect sleep quality, whilst the benefits of exercise and healthy diet are shown to improve how well you sleep.



Being a new parent, money worries and shift work can all have an impact on sleep quality. Talk to family or colleagues about adjustments that can reasonably be made, and go to bed at night when you're sleepy if you can. Power naps (of roughly 20 - 30 minutes) can be a big help if they don't stop you sleeping at night. Have a look at some of the suggestions on the right-hand side of the first page and some more tips at : [helpingyousparkle.com/sleep](http://helpingyousparkle.com/sleep).

## References

Statistics from front page:

- \* MHF Sleep Report 2016
- \* RSPH report "Waking up to the health benefits of sleep" 2016

### ABOUT DELPHI ELLIS - HELPING YOU SPARKLE™

Delphi is a qualified counsellor, well-being trainer and mindfulness practitioner who started her therapeutic career supporting the bereaved. She now works in the community promoting mental health maintenance and recovery. Delphi offers a weekly newsletter called 'Monday Mojo™' offering feel-good motivation for the week ahead. To subscribe click [here](#), where you'll also receive access to free resources, including The Sparkle Repair Kit™, a small but mighty eGuide designed to help you find your mojo and get your sparkle back.

