WELLNESS CAFE

Sleep 10th February 2021

With SWP OH Counsellors

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The importance of sleep

- Sleep is important because **it affects our mental, physical, and emotional well-being**. The benefits of good sleep can affect every moment of our day and achieving good sleep is essential to both our activities and to our health.

- Scientific research makes clear that sleep is essential at any age. Sleep powers the mind, restores the body, and fortifies virtually every system in the body.

- National Sleep Foundation guidelines[1] advise that healthy adults need between 7 and 9 hours of sleep per night. Babies, young children, and teens need even more sleep to enable their growth and development. People over 65 should also get 7 to 8 hours per night.

40%	**25%**	**20%**	**40.2**	**10**
of people suffer with sleep issues	of school children are not getting enough sleep	of road deaths related to fatigue	£ Billion cost to UK economy caused by sleep deprivation	million Britons have skipped sleep due to binge-watching TV

Top Tips from our Counsellors

Create a Routine

A good sleeping pattern is essential in ensuring our we are at our most resilient. Find a sleep routine that works for you and try to stay consistent.

Minimise distractions

Minimise distractions before bed time by starting to switch off earlier. Put your phone or tablet down to help your busy brain settle.

Find what works for you

We are all different and so what works for one, may not work for others. Experiment with different apps, listening to music, meditation, to identify what works for you.

Don't overthink things

Don't worry if you feel you havent slept enough. Trust that a normal sleeping pattern will return and, by taking rest where you can, your body will recover.

Learn to Let Go

Letting go of the things that are disrupting our sleep is key. If you are worried about something, write it down and try to recognise there is nothing you can do about it right now and that you will tackle it tomorrow.

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Top Tips from You

Jotting things down before bed has really helped me - not just for letting go of stuff, but for reflecting on what went well too. It leaves you with a sense of satisfaction and wellbeing just before you go to sleep.

I have started going to bed at the same sort of time every night, and not using my phone right before bedtime.

The bedtime alarm on the iphone is fab. You set an alarm and the amount of sleep you need i.e. 8 hours and it then tells you when to go to bed to get the full hours of sleep needed. I love it!

I've changed my diet and exercise regime and this has improved my sleep immensely. I've also used a sleep app which shows how much sleep you have had.

The Headspace App with Sleepcasts on it are really good. Even has ones for waking up in the middle of the night to help you go back to sleep.

Another thing that has helped me and the hubby sleep better is accepting that it's ok to use a spare room sometimes and sleep separately.

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Useful Resources

- Oscar Kilo Sleep webinars
- The Sleep Council
- Positive Psychology Resilience Building Tools
- Positive Traumatic Growth Research Group
- 10 Ways to Enhance your Resilience
- Care First (user name: southwales password: police)
- Indoor Nourishing Activities Checklist
- Academi Wales Mindfulness Courses
- Oscar Kilo Mindfit Course
- SWP Wellbeing Portal (including links to Occupational Health, wellbeing interventions and our mental health toolkit)
- Police Sports and Social South Wales (PSSW)

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