

Sleep and rest

Good sleep supports your mood, energy, and overall wellbeing. Improving your sleep can help you feel more refreshed, boost resilience, and make daily life easier to manage.

NHS Recommendations for Adults

- Have good sleep routine. This should include having a set time to start winding down – and a way to relax is important too. Going to bed and getting up at fixed times is another good sleep habit.
- 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

Source: NHS Everymind Matters

Suggestions or ideas

- Wind down before bed: Try reading, listening to calming music, or gentle breathing exercises.
- Avoid screens: Limit phone and TV use for at least an hour before bed.
- Avoid alcohol and smoking: Both can disrupt sleep quality.
- Don't clock-watch: Turn your clock away and keep your phone out of reach.
- Keep your bedroom cool, dark, and quiet.
- Stay active during the day for better sleep quality.



Turn the page to see how your sleep is

PAUSE & REFLECT

THE EVIDENCE

- Poor sleep is linked with low mood, stress and mental-health difficulties, and improving sleep may support emotional wellbeing (Public Health England, 2020).

HOW IS MY SLEEP?

Use this worksheet to check in and score your sleep	Rarely/Never (0)	Sometimes (1)	Usually/Always (2)
Are you satisfied with your sleep?			
Do you stay awake all day without dozing?			
Are you asleep between 2am and 4am?			
Do you spend less than 30 minutes awake at night? (Include time taken to fall asleep and awakenings from sleep)			
Do you sleep between 7 to 9 hours a night? (7 to 8 hours for adults 65+)			

What does my sleep score mean?

8-10 Suggests generally healthy sleep.

5-7 Suggests some sleep difficulties.

0-4 Suggests your sleep may need extra attention or support.

My sleep score:

/ 10

WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- For general information and tips on sleep, start with the NHS Every Mind Matters videos and advice: nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/
- For step-by-step guidance, you can sign up to the free NHS Better Sleep 6-week email programme: sleep.ecrm-registration.nhs.uk/
- For in-person support, join a healthier lifestyles 6-week programme through Health Connections Mendip: healthconnectionsmentip.org/healthy-lifestyles-programme/
- For tools designed to help you improve your sleep, visit Health Connections Mendip: healthconnectionsmentip.org/resources/sleep/
- For wider groups, services and resources, explore the full Health Connections Mendip directory: healthconnectionsmentip.org/mendip-directory/



NHS Every Mind Matters
Sleep Tips



NHS Better Sleep
6 Week Email Programme