

Barnsley Sleep Tool Kit

For Better Health



BARNSLEY
Metropolitan Borough Council

Introduction

On 7 November 2017 residents of Barnsley, as part of the Director of Public Health Annual report, were asked to tell us about their physical and mental health through the completion of a diary. This provided us with an invaluable and unique insight into the daily challenges that affect our physical and mental health and a better understanding of what people think makes their health better or worse. Poor or lack of sleep was identified as a main theme from the diaries that were completed, and sleep therefore formed part of the report. A pledge was made that we would consider this issue and for us to provide practical advice and tips to assist with better sleep.

Did you know that we spend a third of our lives asleep? Regardless of your age or gender, sleep is crucial to your health and wellbeing. Unfortunately, too many people in Barnsley are suffering from a lack of sleep or poor sleep and we are not alone. In England, four in ten people aren't getting enough sleep while one in five people sleep poorly most nights. This represents the second most common health complaint after pain.

Most people know that a good night's sleep is the best way to recover after a hard day. But sleep is not just critical to recovery, it essential for maintaining cognitive skills such as communicating well, remembering key information and being creative and flexible in thought.

There is also a strong relationship between sleep and physical and mental health and not getting enough sleep has a profound impact on our ability to function. If it develops into a pattern, the cumulative impact is significant.

*From our Director
of Public Health
report 2017/18:*

“

I woke up at 1am and didn't go back to sleep until after 3.30am so when it was time to wake up I still felt tired. This happens to me regularly.

Gender unknown, 57

”

“

At one point today as I was driving I felt really fed up and tired and could have stopped and slept.

Female, 57

”

How does poor or lack of sleep affect people, and what can you do?

Research shows that there are links between a lack of sleep and high blood pressure, heart disease and diabetes. It also makes us more vulnerable to infection and raises the risk of accident and injury.

Why can't I sleep?

There are many reasons why you might get less sleep than the recommended 7 - 9 hours a night. Work-related stress, working anti-social hours, illness and injury, getting older, money worries and personal loss are just a few of the issues that can keep us awake at night.

How can you tell if lack of sleep is affecting your everyday life?

Common signs include a general deterioration in your performance, poor concentration or poor memory, as well as being in a poor mood and greater risk taking.

Signs of sleep deprivation

 <p>Decreased communication</p>	 <p>Performance deterioration</p>	 <p>Poor concentration/ easy distracted</p>
 <p>Poor cognitive assimilation & memory</p>	 <p>Poor mood/ inappropriate behaviour</p>	 <p>Greater risk-taking behaviour</p>
 <p>Inability to make necessary adjustments</p>	 <p>Increased intake of caffeine/energy drinks</p>	 <p>Increases sickness/ sickness absense</p>

What can you do about it?

There are steps you can take if you feel you're showing signs of any of the above and think it may be down to not sleeping enough. This is where "sleep hygiene" comes in. Don't be confused by the phrase 'sleep hygiene', it's not about how clean your bedding is!

Rather, sleep hygiene is about creating the ideal conditions for a good night's sleep.

Sleep hygiene

Sleep hygiene is simply a description of the ideal conditions for a good night's sleep. Each person has individual preference but 'good' sleep hygiene includes:



Progressive relaxation techniques can help you to relax and unwind at these times. A free audio guide for learning progressive relaxation techniques can be downloaded from: mentalhealth.org.uk/help-information/podcasts

If sleep is still difficult there's a range of help available. Talk to your GP, a pharmacist or visit **NHS Choices** or **One You** for further information.

It's also important to speak to your employer if you feel that it's affecting your work life.

Resources to aid better sleep

NHS Choices information on better sleep and how to get it can be found on their website: nhs.uk/live-well

HSE – Stress Management Standards hse.gov.uk/stress/standards/

Mental Health Foundation – How to sleep better guide can be found at mentalhealth.org.uk

Alcohol advice: humankindcharity.org.uk/service/barnsley-recovery-steps

Smoking cessation: barnsley.yorkshiresmokefree.nhs.uk/

Healthy eating: nhs.uk/oneyou/for-your-body/eat-better/



Pzizz

Category: Sleep

Free

The Pzizz app helps you quickly quiet your mind, fall asleep fast, stay asleep, and wake up refreshed.

It uses beautiful “dreamscapes” – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.

Visit Website - <https://pzizz.com/>



Sleepstation

Category: Sleep

Free

Sleepstation is a 6-week online course for people who struggle to fall asleep or stay asleep through the night. The course is tailored to your needs, using the information you provide, and gives you access to a team of sleep experts who will offer helpful advice and support throughout

Visit Website - <https://sleepstation.org.uk/>

**Information included in this resource pack has been replicated with permission from Public Health England.

This toolkit is linked to Town Spirit. We want to work better together. If everyone in Barnsley does just one thing, together we can make our borough a more welcoming place where people want to live, work and visit.

#LiveIt helps us to support the most vulnerable people, making sure they can access support at the earliest possible stage. Own it by keeping your employees, your own and your family's health at its best, asking for support when you need it and looking out for your friends and neighbours.

Live**it**

Looking after
yourself and others

Town Spirit

Working together for a better Barnsley



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