

Barnsley Sleep

Tool Kit

for Better Family 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 absence</p>

How can you improve your own and your families sleep?

There are steps you can take if you feel you or any of your family are showing signs of any of the above and think it may be down to not sleeping enough

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:

 <p>Fixed times for going to bed and walking up.</p>	 <p>Regular physical activity can positively impact sleep. Also keep to a relaxing bedtime routine.</p>	 <p>Maintaining a comfortable sleeping environment that's not too hot, cold, noisy or bright.</p>	 <p>Avoiding caffeine, nicotine and alcohol late at night.</p>
 <p>Avoidable eating a heavy meal late at night.</p>	 <p>Avoiding watching television making phone calls, eating or working while in bed.</p>	 <p>Turning off all devices at least hour before bedtime and keeping technology out of the bedroom.</p>	 <p>Avoiding the use of a smartphone as an alarm clock and charging the phone away from the bedroom at a central charging point for everyone in the household.</p>

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](https://www.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.

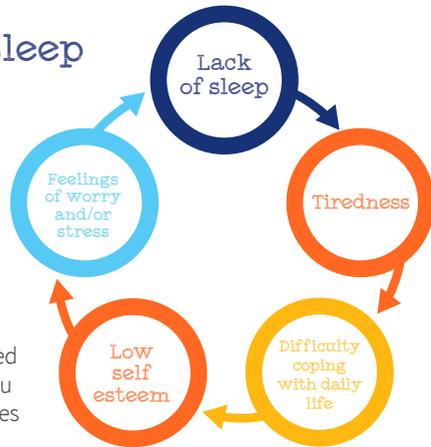
It's also important to speak to your employer if you feel that it's affecting your work life.

Mental Health and Sleep

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

You may find a sleep problem can lead you to:

- have negative thoughts, feel depressed or anxious – if you have little sleep you may feel less able to rationalise worries or irrational thoughts
- feel lonely or isolated – if you feel tired you may not want to be sociable or see friends
- experience psychotic episodes – if you have a psychotic disorder or bipolar disorder, a lack of sleep may trigger mania, psychosis or paranoia, or make existing symptoms worse



How can my mental health problem affect my sleep?

There are a number of ways a mental health problem can affect your sleep.

For example:

- Anxiety can cause thoughts to race through your mind, making it difficult to sleep.
- Depression and seasonal affective disorder (SAD) can lead to oversleeping – either sleeping late in the morning or sleeping a lot during the day. If you experience difficult or troubling thoughts as part of depression, this can also cause insomnia.
- Post-traumatic stress disorder (PTSD) can cause nightmares and night terrors, disturbing your sleep. This can mean you feel anxious about falling asleep, which could lead to insomnia.
- Paranoia and psychosis may make it difficult for you to sleep. You may hear voices or see things that you find frightening, or experience disturbing thoughts, which make it hard to fall asleep.
- Mania often causes feelings of energy and elation, so you might not feel tired or want to sleep. Racing thoughts caused by mania can make it hard to fall asleep and may cause insomnia.
- Psychiatric medication can cause side effects including insomnia, disturbed sleep or oversleeping. You may also experience sleep problems after you stop taking psychiatric drugs.

For residents of Barnsley, Sleep Wellbeing Workshops are available and can be booked by your practitioner, GP or self-referral by calling: Mental Health Access Team on 01226 644900 (see resource section for website).

Safe sleep, how to sleep your baby more safely

Our safer sleep advice gives simple steps for how you can sleep your baby to reduce the risk of sudden infant death syndrome (SIDS) which is commonly known as cot death. It can give you the peace of mind to enjoy this special time.

Our advice is from the Lullaby Trust, based on strong scientific evidence and should be followed for all sleep periods, not just at night.

- SIDS is the sudden, unexpected death of a baby with no cause found. Although it's rare, there are steps we can take to reduce the risk of this tragedy happening.

Safer sleep for babies – things you can do



Always place your baby on their back to sleep



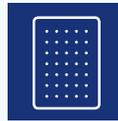
Keep your baby smoke free during pregnancy and after birth



Place your baby to sleep in a separate cot or moses basket in the same room as you for the first 6 months



Breastfeed your baby



Use a firm, flat, waterproof mattress in good condition



Safer sleep for babies, support for families

- It's advised that babies should sleep in a separate cot or moses basket in its parents room until it's six months old before moving into its own room. However, if you choose to bed share, make sure you follow these important safety tips.

Keep the space around your baby clear of pillows and duvets

Always sleep baby on their back

Avoid letting pets or other children in the bed

Never bed-share if your baby was born prematurely or a low birth weight

Never bed-share if you or your partner have drunk alcohol, smoke or taken medication that makes you drowsy



- There's lots we can do to help keep our little ones safe at sleep time but equally important are the things to avoid doing!

Things to avoid

- Never sleep on a sofa or in an armchair with your baby
- Sofas are not safe for sleeping babies
- Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was low of birth weight
- Avoid letting your baby get too hot
- Don't cover your baby's face or head while sleeping or use loose bedding



You should follow the advice for all naps, not just for night time sleep

- Did you know, sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome by up to 50 percent?
- As soon as you feel sleepy, make sure your baby is safely in its cot.
- The ABCs of a safer sleep are something to remember when you put baby to sleep.
- Make sure you follow the ABCs every sleep - day or night to help protect your baby.

The ABCs of Safer Sleep

A

Always sleep
your baby...

B

... on their
back

C

... in a clear cot
or sleep space.

Safer sleep for baby, sounder sleep for you!

Barnsley Health and Wellbeing services for families

Barnsley 0-19 Public Health Nursing Service

Barnsley Public Health Nursing Service is a universal service provided to children and young people aged 0-19 years. The service prioritises children, young people and their families' health and wellbeing. This includes promoting the Best Start in Life for Children, ensuring children are safeguarded and supporting children, young people and their families to live healthier and achieve their potential.

Safe sleep for babies and good sleep routines for children has a positive impact on their health and wellbeing. If you need advice and support about safe sleep and reducing the risks for babies or advice on how to help get your child to go to bed and sleep you can contact the BMBC 0-19 Public Health Nursing Service on 01226 774411 (lines open Monday-Thursday 8.45am-4.45pm and Friday 8.45am-4.15pm except for Bank Holiday) or you can email the 0-19HealthTeam@barnsley.gov.uk providing your name and contact details and a staff member will contact you.

0-19's Public Health Nursing Service, Infant Feeding Team

Part of the 0-19 nursing service is the infant feeding team, with aims to support, promote, protect and normalise breastfeeding through ensuring every child is given the best start in life, whilst fostering early close loving relationships.

The service is made up of full time staff and volunteers all with personal breastfeeding experience. The service works with families during both the antenatal and postnatal period to provide 'mum to mum' support, through evidenced based information to enable individuals to make an informed choice. This support includes safe sleep advice to new mums, getting breastfeeding off to the the best start, early days at home, social support and returning to work.

Other services provided include:

Breastfeeding Welcome Scheme, breastfeeding groups in Family Centres and other community venues, breastpumps provided for mothers and babies with complex needs and Peer support training.

Barnsley infant feeding team contact: 01226 775700

 [barnsleyinfantfeedingteam](https://www.facebook.com/barnsleyinfantfeedingteam)

 [@ifsbarnsley_](https://twitter.com/ifsbarnsley)



Family Centres

If your child is having sleep issues it can impact on all areas of their development including their emotional, physical and mental health. It can also have a negative impact on the whole family.

Our Early help offer recognises the role that all family members play in influencing what children experience and achieve as well as the consequences when families are experiencing difficulties.

Barnsley Family Centres offer a wide range of support and parent education programmes to enable families to address their needs. This is based on supporting families to build on existing skills and knowledge as well as gaining new skills, strengthening relationships, and facilitating the positive implementation of behaviour management strategies.

We have workers trained within our Family Centres that can help put strategies in place to help to aid your child/young person in having a better night's sleep.

Our Sleep Success workshop is suitable for parents and carers with children from 12 months old upwards right through to teenagers. Our courses run at different times and venues throughout the borough so that families can access support at the time and place that makes most sense to them and their circumstances.

Call or visit your nearest Family Centre to access this support or if you would like more information.



Details of our family centres:

Area	Centre	Telephone
Dearne	Dearne Family Centre (with childcare) Billingley View, Bolton on Dearne, S63 8ES	01709 890303
	Thurnscoe Family Centre (with childcare) Station Road, Thurnscoe, S63 0JR	(01226) 775885
North/ North East	Athersley Family Centre (with childcare) Lindhurst Road, Athersley North, S71 3NB	(01226) 296969
	Cudworth Family Centre (outreach and community venue) c/o Birkwood Primary, Darfield Road, Cudworth, S72 8HG	
	Darton Family Centre (outreach and community venue) The Darton Centre, Huddersfield Road, S75 5ND	
	Grimethorpe Family Centre (with childcare) c/o Milefield Primary School, Grimethorpe, S72 7BH	(01226) 774030
	Lundwood Family Centre, Littleworth Lane, S71 5RG	(01226) 248564
	Royston Family Centre (outreach and community venue) c/o Meadstead Primary School; Meadstead Drive S71 4JS	
	Wilthorpe Family Centre (outreach and community venue) Greenfoot Lane, S75 1AQ	
	Kendray and Worsbrough Family Centre (with childcare) Bank End, Overdale Road, Worsbrough Dale S70 4BD	(01226) 294604
	Monk Bretton Family Centre (outreach and community venue) c/o Burton Road Primary, S71 2AA	
	Stairfoot Family Centre (outreach and community venue) c/o Hunningley Primary, Stairfoot, S70 3DT	
	Worsbrough Common Family Centre c/o Worsbrough Common Primary, Bruce Avenue, S70 4EB	(01226) 289989
	South/ Penistone	Darfield Family Centre (with childcare) School Street, Darfield, S73 9EU
Jump Family Centre, Church Street, Jump, S74 0HZ		(01226) 748805
Hoyland Common Family Centre (outreach and community venue) Sheffield Road, S74 0DJ		
Penistone Family Centre (outreach and community venue) c/o The Resource Centre, Church Street, Penistone, S36 6AR		
Wombwell Family Centre Bondfield Close, Wombwell, S73 8TX		(01226) 273240

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](https://www.nhs.uk/live-well)

HSE – Stress Management Standards [hse.gov.uk/stress/standards/](https://www.hse.gov.uk/stress/standards/)

Mental Health Foundation – How to sleep better guide can be found at [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Alcohol advice: [humankindcharity.org.uk/service/barnsley-recovery-steps](https://www.humankindcharity.org.uk/service/barnsley-recovery-steps)

Smoking cessation: [barnsley.yorkshiresmokefree.nhs.uk/](https://www.barnsley.yorkshiresmokefree.nhs.uk/)

Healthy eating: [nhs.uk/oneyou/for-your-body/eat-better/](https://www.nhs.uk/oneyou/for-your-body/eat-better/)

For more information on safe sleep contact the Lullaby Trust: 020 7802 3200, www.lullabytrust.org.uk/contact-us/

Sleep Workshop: South West Yorkshire Partnership (Mental Health Access Team) www.barnsleyiapt.co.uk/mental-wellbeing-workshops/sleep-wellbeing-workshops/



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 the Lullaby Trust and Mind.

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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Metropolitan Borough Council