

THE PARTICIPATION TEAM

TOP TIPS FOR FALLING ASLEEP

With our lives turned upside down, many of us may be finding it harder to fall asleep than usual so we wanted to share ways of helping to fall asleep quicker.

Stick to your routine at bed time

Do the same things in the same order at the same time (and yes, that means at the weekend too!).

Avoid eating a large meal

Don't eat large amounts just before bed but don't go to bed hungry! A rumbling stomach can keep you awake!

The bedroom

Your room should be cool, dark and quiet. Ask your carers/parents for help with this if you need it.



No distractions

It's not easy but put away your phone or tablet at bedtime. Some people charge their devices away from their bed to help them do this. The blue light from the screen can have a negative effect on your sleep.

Have quiet time just before bed

Read a book or quietly listen to some music or the radio just before you sleep. This can help distract you if you have a busy mind full of thoughts!



Keep active

Make sure you do some exercise during the day.

Refresh yourself

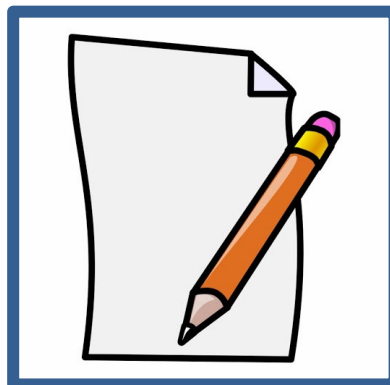
Try taking a warm (not hot!) bath or shower just before bed.

Be cautious about what you are drinking

Avoid drinks, like tea or some fizzy drinks with lots of caffeine in them just before bed!

Free your mind from stress

If you are feeling anxious and it is stopping you from falling asleep, some people find creating a 'to do list' or writing down their thoughts helpful. You could keep a notebook by your bed to do this.



Get in touch:

Do you have any top tips for falling asleep easily or perhaps you want to let us know what you are getting up to during this lockdown?

Contact us by emailing VSK_Participation@kent.gov.uk
