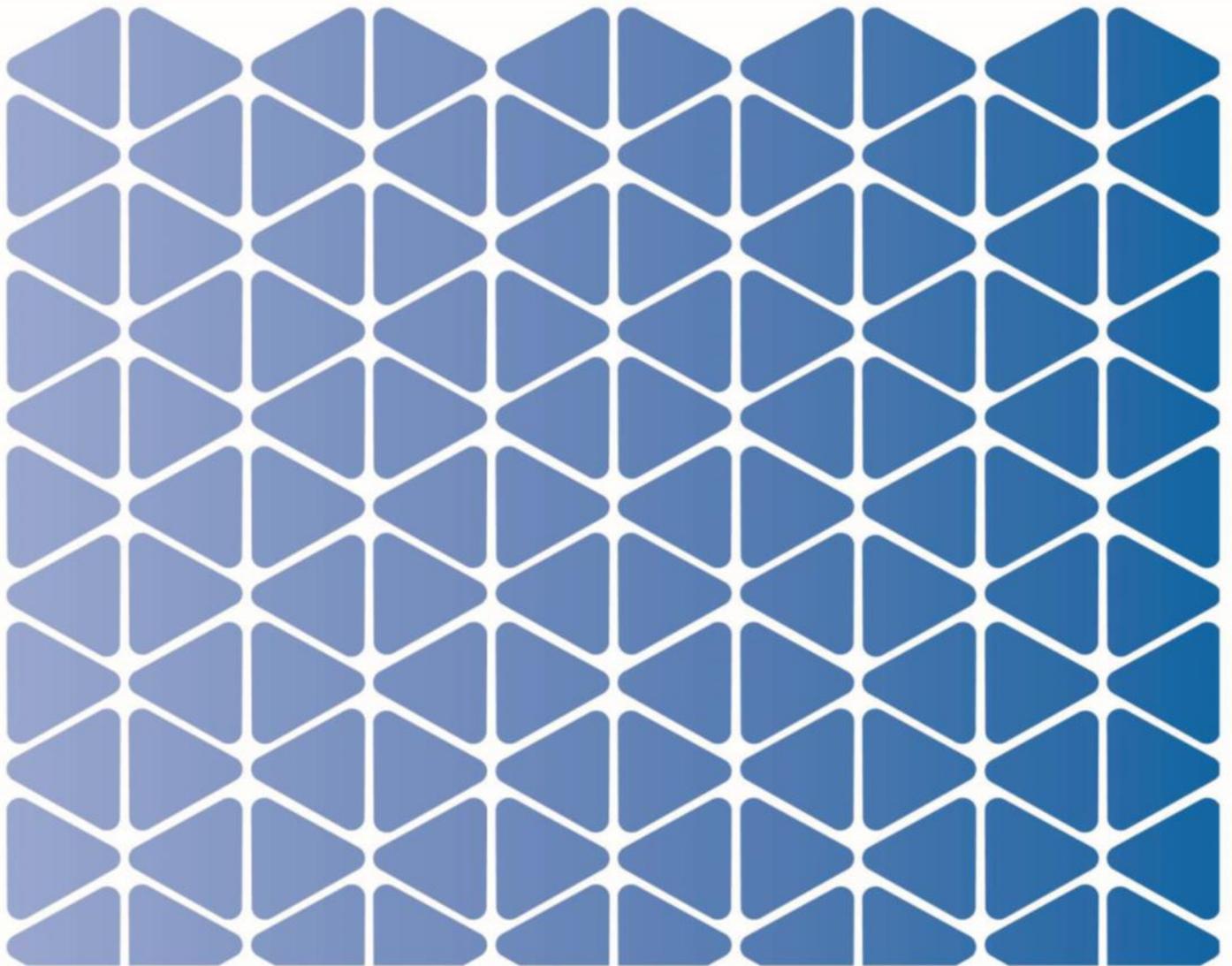




PATIENT INFORMATION

## SLEEP HYGIENE



**This leaflet has been developed for patients in the specialist weight management service.**

Sleep is important for good physical and mental health at any time. Here are some of the benefits of a good night's sleep.

- Sleep empowers an effective immune system.
- Sleep heightens brain function.
- Sleep enhances mood.
- Sleep improves mental health.

For those who are interested the [Sleep Foundation](#) goes into these benefits in more detail.

Below is a summary of sleep hygiene guidance developed to help improve sleep. These were developed for improving sleep quality and are not just for those with sleep disorders such as Obstructive Sleep Apnoea. You can find this in more detail on the [Sleep Charity's website](#).

- Keep a regular sleep schedule, going to bed and waking at same time each day.
- Get out into natural light as soon as you are able to during the day – this helps reset your body clock. A short walk in the morning is ideal if you are able to do this (you get some exercise at the same time)
- Engage in some physical activity daily but not too close to bedtime.
- Avoid a heavy meal before bedtime and try not to go to bed hungry or thirsty.
- Avoid screen time before bed; it stimulates the mind and the blue light suppresses melatonin, a hormone that aids sleep.
- Avoid alcohol close to bedtime or as a sleep aid.
- Avoid using your bedroom for work, watching TV etc – use it for sleep
- If you smoke avoid doing so before bedtime. If you are in the weight management service and considering bariatric surgery bear in mind that you will need to stop before you progress for consideration for bariatric surgery.

- Keep your bedroom cool, dark and quite to help you to sleep.
- Have clocks positioned so that they are not easily visible. Clock watching can increase anxiety if you are struggling to sleep.

Sometimes it can be helpful to keep a record of your sleep using [a diary](#) - this may be a useful tool to help you track changes in your sleep.

### **Useful contact**

The National Sleep Helpline 7pm and 9pm, Sunday to Thursday on 03303 530 541.

They cannot give medical advice but can talk through your issues, offer you some practical strategies and recommend services that could help.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.