

How to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers



 **mind** Havant and East Hants

Contact us

Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG
02392498916
info@easthantsmind.org
www.easthantsmind.org
Charity No: 116301



 **mind** Havant and East Hants

Sleep

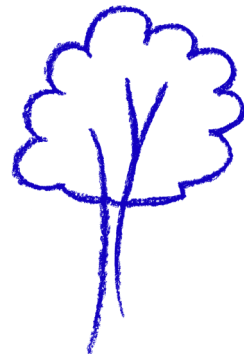


At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. If you choose to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to HEH Mind or to local services.



Treatments to help with sleep

Any treatments you're offered for sleep problems will depend on what type of problems you're having and any particular causes.

Talking therapies

Cognitive behavioural therapy for insomnia (CBT-I) is a type of CBT designed to help with insomnia. You may also be offered talking therapy to help with mental health problems that are affecting your sleep.

Medication

You might be offered sleeping pills to help with short periods of severe insomnia, or you might be prescribed medication for other types of sleep problems.

Useful contacts

British Snoring & Sleep Apnoea Association

britishsnoring.co.uk

Information and support for people affected by snoring and sleep apnoea.

The Sleep Charity

[Thesleepcharity.org.uk](http://thesleepcharity.org.uk)

Campaign to improve sleep support and access to high quality information, raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep.

How can I improve my sleep?

Some people find these ideas useful, but remember that different things work for different people at different times.

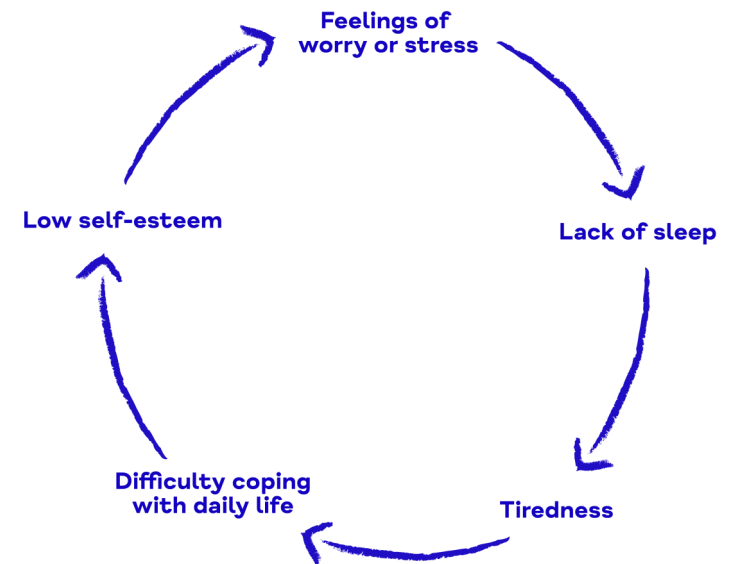
Only try what you feel comfortable with, and try not to put too much pressure on yourself. If something isn't working for you (or doesn't feel possible just now), you can try something else, or come back to it another time.

- Try to establish a routine
- Relax before trying to sleep
- Fill in a sleep diary
- Try to make your sleeping area more comfortable
- Consider your screen usage and devise settings
- Access wellbeing support



How does sleep relate to mental health?

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.



Issues with sleep are nothing new, however, experts suggest that the pandemic has caused negative effects on our sleep. Sleep plays a vital part in our mental and physical wellbeing. Although opinions vary as to how much sleep we actually need, we can all recognise the difference when we have had enough sleep to feel refreshed, recharged and ready for the day ahead.

When it comes to managing our mental health, poor sleep can affect our ability to think clearly, manage our emotions and it can increase anxiety and worry.

What problems might I have with sleep?

Everyone needs sleep, but many of us have problems with it. You might recognise some of the experiences listed below, or have other difficulties with sleep that aren't mentioned here.

You might:

- find it hard to fall asleep, stay asleep or wake up earlier than you'd like to (also known as insomnia)
- have problems that disturb your sleep, such as panic attacks, flashbacks, nightmares or psychosis
- find it hard to wake up or get out of bed
- often feel tired or sleepy – this could be because you're not sleeping enough, not getting good quality sleep or because of health problems
- sleep a lot – which could include sleeping at times when you want, or need, to be awake.



What causes problems with sleep?

The things that affect our sleep differ for everyone. They can include:

- stresses or worries – for example, issues with money, housing or work
- problems with where you sleep – for example, if you sleep somewhere uncomfortable or you're easily disturbed
- health conditions relating to sleep, also known as sleep disorders
- being a parent or carer
- taking medication, including starting or coming off medication
- recreational drugs and alcohol
- working at night or being a shift worker
- current or past trauma
- mental and physical health problems, many of which can affect your sleep.