

# 14. MY SLEEP

Most adults need around 8 hours sleep a night.



**This checklist can be downloaded from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk).**

It is free to use for personal use and with people you support.

Too little sleep can be bad for your health. It is important to have a regular sleep routine.

A regular sleep routine means going to bed and getting up at the same time every day.



Try not to sleep during the day.

Try to relax before going to bed.

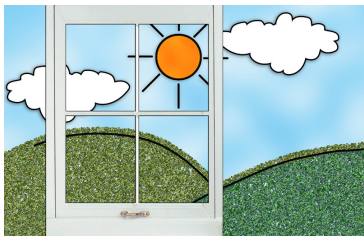
# THINGS TO CHECK

1

Do you need more sleep than you get?



Some reasons why you might not be sleeping well:



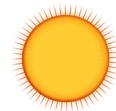
Your bedroom is too bright



Too much noise at night



Your bed is uncomfortable



You sleep during the day



You are worried about things



You are ill or in pain

See page 3 for more possible reasons.

# THINGS TO CHECK

Other possible reasons why you may not be sleeping well.



Eating dinner too late



Going to bed hungry



You may need more exercise



Drinking caffeine at night



Drinking alcohol at night



Watching TV late at night



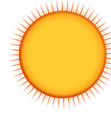
Try to get into a regular sleep routine.

Have a plan for what time to go to bed each evening and how you will relax before bed.

If you still have problems sleeping talk to your doctor.

2

Do you often feel very sleepy during the day?



It may just be that you need more sleep.

There could be other reasons why you are tired during the day.



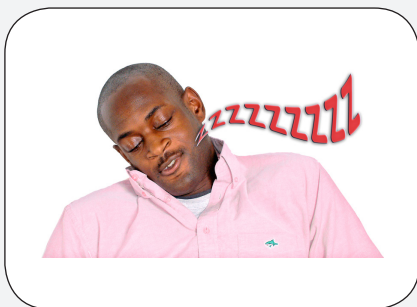
Being very tired is one of the signs of having diabetes.

See our checklist about Diabetes.



Being tired in the day and putting on weight can be caused by an underactive thyroid.

See our checklist about Thyroid.



Sleep apnoea can make you feel very tired in the day. See page 5 to find out more.

Talk to your doctor if you are often very tired during the day.

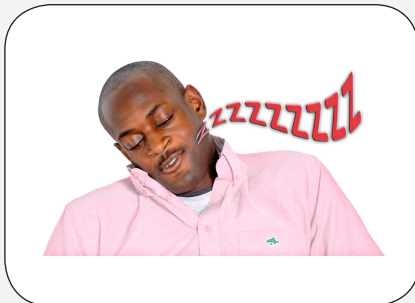
3

Does your snoring cause you or people you live with problems?



Many people snore and it's often not a problem.

Your local chemist can give you advice about trying to stop snoring.



Sleep apnoea is when you have trouble breathing for a short time while asleep.

With sleep apnoea your airway gets blocked for 20 to 40 seconds during the night. You snore loudly and your breathing will be noisy.



People who are overweight and people with Down's Syndrome are more likely to have sleep apnoea.

Your doctor can give you advice about sleep apnoea.

Sleep apnoea can also cause the following things:

- Waking up with a sore throat and a headache.
- Problems with your memory and concentrating.
- Feeling bad tempered or worried.



## The Sleep Council

The Sleep Council promotes the benefits of sleeping well and provides information leaflets on sleep and beds.



[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

## The British Snoring and Sleep Apnoea Association

The British Snoring and Sleep Apnoea Association helps snorers and their partners.



[www.britishsnoring.co.uk](http://www.britishsnoring.co.uk)

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

The Health Action Planning toolkit is free to use.

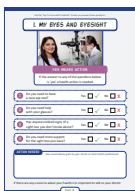


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

**NHS**  
**Sunderland**  
**Clinical Commissioning Group**

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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