

Sleep concerns

September
Sleeptember



We spend about a third of our lives asleep. Sleep is essential - It is as important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. Sleeping helps us to recover from mental as well as physical exertion.

Sleep and health are strongly related - poor sleep can increase the risk of having poor health, and poor health can make it harder to sleep. Sleep disturbances can be one of the first signs of distress.

Common mental health problems like anxiety and depression can often underpin sleep problems.

We can all benefit from improving the quality of our sleep. For many of us, it may simply be a case of making small lifestyle or attitude adjustments in order to help us sleep better. Up to one third of the population may suffer sleep problems. These can affect mood, energy and concentration levels, our relationships, and our ability to stay awake and function at work during the day.

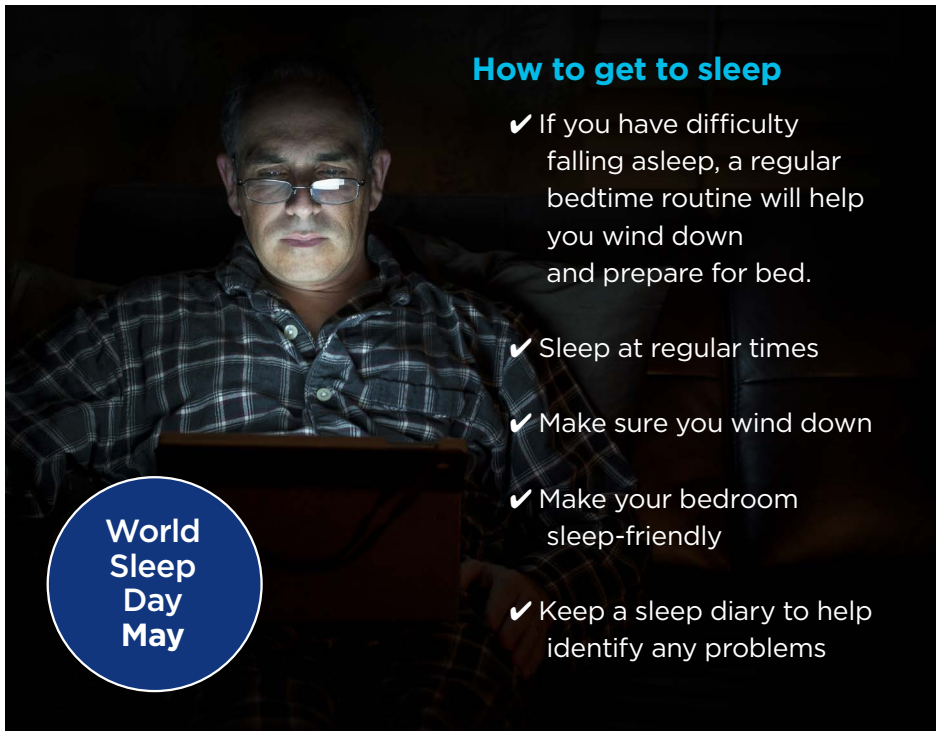
Often basic techniques can improve your sleep. If they don't work speak to your doctor about other treatments, especially as sleep problems can indicate other health issues.

There are four simple things to consider to help you with a period of poor sleep:

- **Health** - It's important to address any mental and physical health worries that might keep you awake.
- **Environment** - Where you sleep is important. Watching TV, playing with phones or eating in bed can all affect the quality of our sleep. Temperature, noise levels and light all play a part in determining our sleep.
- **Attitude** - In the time before we go to bed, we should try and wind down, be less stimulated, and relax. Try relaxation techniques, a warm bath or mindfulness practice.
- **Lifestyle** - Stimulants like caffeine can make it harder to sleep, and a heavy or sugary meal close to bedtime can make sleep uncomfortable and alcohol can reduce the quality of sleep.



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World Sleep Day May

How to get to sleep

- ✓ If you have difficulty falling asleep, a regular bedtime routine will help you wind down and prepare for bed.
- ✓ Sleep at regular times
- ✓ Make sure you wind down
- ✓ Make your bedroom sleep-friendly
- ✓ Keep a sleep diary to help identify any problems

GETTING HELP:

www.nhs.uk
www.wales.nhs.uk
www.nhsinform.scot
www.mentalhealth.org.uk
www.sleepcouncil.org.uk
www.mind.org.uk

Your GP

The benefits of a good night's sleep:
<https://youtu.be/Cn3bpxi8cCg>

Health & Wellbeing

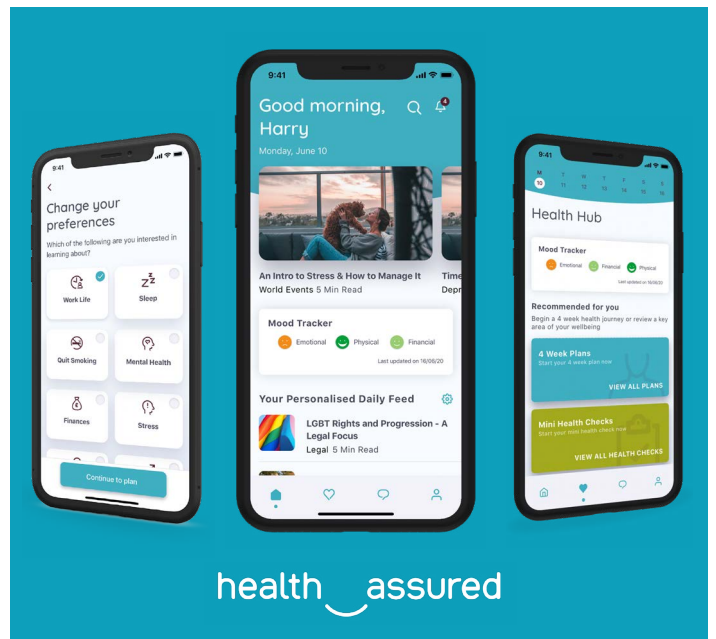
Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

Username: policemutual

Password: careline

health assured

Download the **Health Assured App** and register today - your code is **MHA107477**

Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: www.policemutual.co.uk

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