

- Try writing down your worries rather than thinking them over all night. If you want to, bring your list in to discuss with your Care Co-ordinator
- Relaxation tapes and acupuncture may be helpful.
- If you do use herbal or over-the-counter sleep remedies, please make sure that you take the proper dose

We hope that you find this leaflet helpful. Please try some of the suggestions. Do ask your Care Co-ordinator if there is anything that you don't understand or find difficult.

Useful contacts

Support groups

Gloucestershire Counselling Service 01453 766310

No Panic 0808 8080545

Anxiety and Stress Management courses are frequently run at local colleges. For up-to-date workshops in your area contact:

Gloscol (Cheltenham & Gloucester) 0845 1552020

Stroud College 01453 761226

RFDC 01594 833416

Countywide Specialist Substance Misuse Service

West Gloucestershire Team 01452 891260

East Gloucestershire Team 01242 845614

Criminal Justice Drugs Team 01452 545779

Branchlea Cross 01242 845600

Primary Care Substance Misuse Service

Countywide Team 01452 523151

CSSMS



Remember

Although frustrating, lack of sleep doesn't last forever, it won't harm you and you are probably getting more sleep than you think.



Sleep Handout

What is sleep?

There are five different stages of sleep.

Gradually we go from stage one to stage four of slow-wave sleep. When we are in stage four sleep we are in a very deep sleep. When we move into stage five we begin Rapid Eye Movement (REM) sleep, the eyes move very rapidly, we dream and our brains are very active.

We move between slow-wave sleep and REM sleep throughout the night. It is thought that both types of sleep are important for recharging our body and mind and making sure that we wake up feeling refreshed.

How much sleep do I need?

This depends mainly on your age and how much exercise you do. Babies sleep for about 17 hours each day but older children only need nine to ten hours. In adult life, most of us need between seven and eight hours sleep each night, but we need less as we get older.

There can be a lot of difference between people even of the same age, and some people can manage on only three hours a night.

If you go without the sleep you need for any length of time you become drowsy and unable to concentrate on things. If you take naps during the daytime it is more likely you will wake at night.

Sleep problems commonly occur after detoxification from drugs and alcohol and can last for several weeks. We know that substance misuse alters sleeping patterns and it may take a couple of months for your body to re-adjust.

Although night medication may help it is not recommended that you take it in the long-term (for more than three weeks) because of the risk of getting addicted.

Do any of the following apply to you?

- I find it hard to fall asleep
- I have too much on my mind to go to sleep.
- When I wake up during the night I can't go back to sleep
- I can't relax because I have too many worries
- Even when I sleep all night I feel tired in the morning
- Sometimes I am afraid to close my eyes and go to sleep
- I wake up too early
- It takes me more than 30 minutes to fall asleep
- I am stiff and sore in the morning
- I feel irritable when I can't sleep
- I feel that I am dreaming all night long

Things that make getting to sleep more difficult:

- Watching a horror or action film just before going to bed
- Going to bed hungry or immediately after having a heavy meal
- Having lots of late nights
- Thinking about all your worries when you are in bed

There are several things that you can do to help get your sleep pattern back to normal:

- Go to bed at a regular time each night and get up at the same time each morning, regardless of how much sleep you have had
- Ensure your bed is comfortable and warm
- Don't drink too much caffeine. Caffeine is present in both coffee and tea (you should not drink more than six cups per day) and especially avoid caffeine in the evening. Caffeine is also found in other drinks such as colas and energy drinks like Red Bull®. Drinks that are caffeine-free, or low in caffeine include: decaffeinated teas and coffee, hot chocolate, malted milk drinks, fruit and herbal teas. Independence Trust (formerly GDAS) also provide a herbal sleep tea
- Have a set bedtime routine e.g. a warm bath before bed and/or a warm drink before bedtime
- Use your bed mainly for sleep (no eating or watching TV)
- If you do wake in the middle of the night, try to stay in bed
- If you do get up, avoid cigarettes, coffee and tea
- Avoid daytime naps
- Don't do heavy exercise late in the evening
- Don't smoke too much cannabis or drink alcohol this will make your sleep pattern worse. You may drop off to sleep quickly but will wake up several times in the night