

Lifestyle as Medicine Programme:

# Sleep Better

[www.HAYCambsPboro.co.uk/LAMP/sleep](http://www.HAYCambsPboro.co.uk/LAMP/sleep)

Did you know that sleep might just be your health super-power? From reducing heart-attacks to managing our mood, improved sleep quality can transform our health.



#LAMPLightbulbMoments

## Starting Point

Tracking our sleep can be helpful for some of us but not for others. However filling in a sleep diary for just a few nights is a simple but powerful tool to get some insight into our own sleep pattern.



Could you use this diary to make a note of how you sleep over the next few nights?

## Actionable Ideas

What ideas can we try to help us sleep better? This link has some suggestions.

We can think about:

- ways to help our body clock so we sleep longer
- ways to help our brain be conditioned to sleep so we fall asleep more easily
- ways to help our sleep drive so we sleep more deeply
- ways to help when we wake in the night



## Knowledge Library

There are more links you might like to explore on the LAMP webpage.

## Proof

We all know how it feels to have a bad night's sleep – but do we know why? And we can probably all think of things that ought to help us to sleep better – but why do they work, and why do they sometimes feel difficult to try, or that they are just not working for us?

Meet the sleep experts on the LAMP webpage.

## Relate



Sleeping better may give us more energy to move more



Sleeping better may leave us feeling more motivated to eat well



Sleeping better and feeling rested can make it easier to manage stress



Sleeping better can make us feel more interested in connecting



Sleeping better may leave us less likely to rely on unhelpful coping strategies

## Self-Reflection

What do you notice when you sleep better? What helps you sleep better?

You might find it helps to keep a note of the things that support you with sleeping better, so you can refer back any time you need.