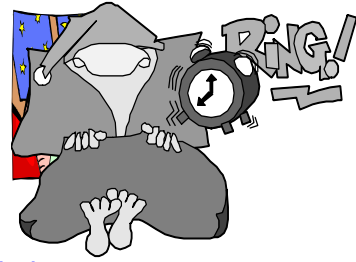


THE GOOD SLEEP GUIDE



The following tips should help you get into a good sleep pattern




During the Evening

1. Put the day to rest. Tie up loose ends in your mind. A notebook may help.
2. Take some light exercise in the early evening.
3. Wind down in the course of the evening. Try and avoid anything mentally demanding within 90 minutes of bedtime.
4. Don't sleep or doze on the sofa.
5. Avoid drinks such as coffee/tea/cola after 6pm. These contain caffeine and can keep you awake.
6. Make your bedroom comfortable. Not too cold or hot.

1. Go to bed when you are "sleepy tired".
2. Do not watch TV in bed.
3. Set the alarm for the same time every day until your sleep pattern settles down.
4. Put the lights out when you get into bed.
5. Try a relaxing drink such as camomile, horlicks or ovaltine.
6. Enjoy relaxing even if at first you don't fall asleep.



At Bedtime



If you have Problems

1. Sleep problems are common and not as damaging as you might think.
2. If you are awake for more than 20 minutes then get up and go into another room.
3. Do something relaxing and don't worry about tomorrow. People usually cope quite well after a restless night. Try reading something like Hello or OK! Magazine.
4. Go back to bed when you are "sleepy tired".
5. Remember the tips from the above section.
6. A good sleep pattern may take a number of weeks to establish. If you have had problems for years then it will take longer. Be confident that you will get there in the end!

This guide was prepared with help from Dr Colin Espie who is an international authority on sleep problems and their treatment.