Region Gävleborg

Difficult to fall asleep?

Sleep disorders are quite common. You might find it difficult to fall asleep, or perhaps you wake up after just a few hours and then find it difficult to go back to sleep? In most cases, not getting enough sleep is nothing to worry about.
Not everyone requires the same amount of sleep, but if you don't get enough sleep for a longer period of time, you will feel bad and not function as well as you normally do.

Tips to help you sleep better

√ Try to go to bed and get up approximately the same time every day. If not, your sleep pattern might get disrupted and you won't get a good nights sleep the following night

√ Wind down a few hours before you go to bed. Dim the lights and do something relaxing

√ Don't eat your dinner too late. Eating a large meal just before bed means that your digestive system is active, which can make it difficult to fall asleep

√ Avoid coffee, cola, strong tea, alcohol and nicotine, as these make you sleep worse

√ Regular exercise can improve your sleep, but avoid strenuous physical activity a few hours before going to sleep

√ Sleep in a cool, dark and well ventilated room. If you need to get up at night, avoid to turn on the lights

√ Sleep in a quiet environment, and try to do reduce or eliminate disturbing sounds

√ If there are problems you can't solve, put them off until the next day. It can be useful to keep a pen and paper on your nightstand where you can write down your thoughts and feelings

√ If you can't sleep, try to lay still and think about how lovely it is to rest in a comfortable bed or listen to some calming music. If you are still awake after 30 minutes, get up for a while and do something relaxing

Visit www.1177.se for more information.

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