

Health and Wellbeing Newsletter

1st July 2019

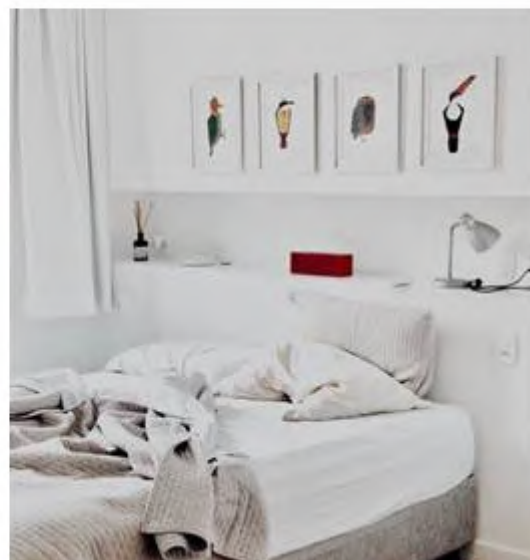
Sleeping tips



Having a hectic life and/or working shifts can make having a consistent sleep routine difficult. But, there are other ways that you can help improve your sleep. Try the simple tips below to obtain better quality sleep.

Make sure your bed is comfortable

Having a uncomfortable mattress can have a big impact on your sleep. The Better Sleep Council recommends replacing your mattress every 7-10 years. Always make sure your mattress is giving you the support it needs. When buying a mattress always visit a store to try out what type and firmness suits your needs before buying.



Have a before bed routine

Use your time before bed to relax and wind down from your busy day, reading or listening to some calming music, podcasts or the radio are all great options. Make sure you do not do anything that will increase your heart rate as this will keep you awake. Baths or warm showers are another great way to relax your body and mind before bed.



Turn off your devices before sleep

Turning off the TV and removing electronics from your bedroom such as phones and computers an hour or even 30 minutes before bed, can help your body prepare for sleep. The blue light emitted from electronic screens has been shown to impede falling asleep.



Note down worries and thoughts

Thinking about work, chores or unfinished tasks in bed can cause your heart to race and mind to spend time overthinking. Try to write down anything you are worried about, need to do, mustn't forget or even just how you are feeling. Doing so can help you shut off and your mind rest. Keep a pen and note book by your bed for quick access.



Keep the bedroom a sleep zone

Try to only use your bed for sleep and sex to strengthen the association between bed and sleep.

If after 30 minutes you haven't fallen asleep go into another room and do something relaxing such as reading until you feel tired.



Exercise and diet matters

Exercise (especially vigorous exercise) is great for better quality sleep, but avoid exercising too close to bed time! Also avoid alcohol, cigarettes, and heavy meals in the evening as these can all disrupt your quality of sleep. Try to only have a light snack if you are hungry no later than 45 minutes before bed.



Still having trouble getting to sleep?

If you're still having trouble sleeping after trying these tips don't hesitate to speak with your doctor. You may also benefit from recording your sleep in a Sleep Diary This will help you better understand any patterns, habits or issues you may have with your sleep.



Events, courses and campaigns

Keeeeeep crafting!



Lizzie Hart keen crafter and staff member at CUH has booked the **David Dunn Suite*** for a craft session on **Friday 5th July 12:30-1:30pm**. Please drop by anytime during the hour and bring whatever craft you do with you (materials are not supplied).

***The David Dunn Suite** is next to the board room, down the same corridor as the **PALS** office.

Want to stop smoking?



CAMQUIT offers FREE support to local people who are thinking of stopping smoking.

Everyone Health Specially-trained experts provide completely FREE advice, support and encouragement on how to go about quitting smoking completely. Something which is four times more likely if you make use of the support and medication they offer.

Staff can book a free appointment at the stop smoking clinic at Oh, run by Everyone Health and CamQuit.

To book you can either:

Email eh.camquit@nhs.net or call 0800 018 4304 quoting the 'Addenbrookes clinic'.

YOU ARE INVITED TO THE

Frank Lee

Summer Party

5th July 2019

LIVE DJ WITH DISCO

STA'S BBQ

GREAT DRINKS PROMOTIONS

5PM-10PM

Free entry to all members

Normal entry fee's for non members

Frank Lee
LEISURE & FITNESS