

## **Sleep Hygiene**

We all need different amounts of sleep. However, it is very important for our well being that we get a good night sleep. The information below aims to help you develop a healthy sleeping pattern. You could also use a sleep diary. Try to write down, what time you go to sleep, wake up in the morning and how many times you wake up in the night.

### **Things to help you sleep:**

1. Develop regular sleep times. Go to bed at the same time each night and try to get up around the same time each morning, regardless of how tired you are. Also avoid naps as this will make you less tired at bedtime.
2. Use your bed for sleeping. Certain activities in bed such as watching TV or listening to the radio actually stimulate the brain and make us more wakeful. For the same reason try to avoid being overactive before going to bed or having arguments.
3. Sleep is often disturbed by needing the toilet. Cut down on how much liquid you drink in the evening.
4. Avoid all caffeine products, heavy foods and alcohol.

### **If you are struggling to fall to sleep or to get back to sleep:**

1. Do not try to fall asleep- this will only increase your frustration and anxiety. Surprisingly, a very effective way of increasing sleep is to practice giving up trying to fall asleep. You can say to yourself, "I'll give up trying to get to sleep and just concentrate on the relaxing feelings in my body."
2. If you are lying awake at night for more than 15 minutes, get up and go into another room. Try not to dwell on negative thoughts such as "I'll never get to sleep," "If I don't get enough sleep I won't function," "I need to get to sleep immediately," and "I'll get sick from not getting enough sleep." The most likely consequence of not getting enough sleep is that you'll feel tired and irritable. Although these are uncomfortable inconveniences, they are not catastrophic.
3. Use relaxation and breathing techniques to make you feel more restful. Try to make your mind go blank. Count backward by threes from 100 or 1000 as slowly as possible or visualize a relaxing scene, for example snow falling on a house in the woods at night.
4. Because your disturbed sleep patterns have taken a long time to learn, it may take you a while to unlearn them. Do not expect immediate results.

Information about non-epileptic attacks and non-epileptic attack disorder:  
[www.nonepilepticattacks.info/](http://www.nonepilepticattacks.info/)

### Sleep Diary

So that you can look objectively at your sleep pattern and track any changes, try keeping a sleep diary.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time you went to bed?					
Time you got up in the morning?					
Number of hours slept?					
Number of times woke up in night?					
Hours napped in daytime?					

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