

Tips for a better sleep

Having a good night's sleep can be difficult when there are lots of things on your mind. You might be worrying about football, relationships, things at home or generally feeling anxious.

Learning how to manage this stress can help you to relax for a better sleep

Relax

Listen to music, read a paper book, take a bath or try visualisation by imagining yourself happy in a favourite place until you feel a sense of calm



Routine

Aim to sleep and wake up at similar times. Try to avoid irregular naps and stick to a pattern

Be comfortable

Manage the room temperature, noise and lighting. Understand how you sleep and invest in pillows and a mattress which help you to sleep



Mindfulness

Download a mindfulness app or listen to a clip which helps you to think in the present moment by focusing on your breathing and body parts. This helps to remove your thoughts from future worry and to feel more in control of yourself



Impact of poor sleep

- Low Concentration
- Increased Anxiety
- Less Energy
- Unusual Behaviour
- Negative Emotions
- Medical Conditions
- Prone To Injury

No phone

Messages and notifications can keep you awake. Switch your phone to silent, aeroplane mode or even turn it off! Avoid screen time for at least thirty minutes before sleeping



Good feelings

List things which make you feel good – even simple things such as music, people, sunshine, food, memories. Keep this nearby and read it when in need

Eating

Eat earlier for a good night's sleep. Remember, caffeine and sugar will keep you awake

Social media

You may wish to distract yourself from worry by passing time on social media but taking a break can help you to relax

Try again later

If you cannot sleep after twenty minutes, leave your bed and do something which relaxes you. Then when you feel ready, go back to bed

Breathing

Taking deep breaths in through your nose and out through your mouth. Try closing your eyes, counting to four whilst breathing in and counting to seven whilst breathing out

Alarm

Try to get 8-10 hours' sleep. Set an alarm and give yourself enough time to prepare for the day ahead

Write it down

If something is troubling you and there is nothing you can do about it right away, write it down before going to bed. This logs the problem and helps you to feel more relaxed knowing it is planned to be dealt with tomorrow



Established by



The PFA Hotline

You can speak to someone about your thoughts, feeling and emotions by contacting **07500 000 777** or **wellbeing@thepfa.co.uk**
This confidential 24/7 support is available to all PFA members