

# Vantage Pharmacy

Melbourne Park Medical Centre, Melbourne Road, Nottingham, NG8 5HL

Tel: 0115 978 7472 | Fax: 0115 978 4143 | Website: [www.vantagepharmacy.co.uk](http://www.vantagepharmacy.co.uk)

Email: [Nhspharmacy.nottingham.vantagepharmacyFJN60@nhs.net](mailto:Nhspharmacy.nottingham.vantagepharmacyFJN60@nhs.net)



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## Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

## Your FREE Healthy Living Leaflet for August 2021

1. What is insomnia?
2. What sort of problems?
3. What causes insomnia?
4. How much sleep does the average adult need?
5. Name two things you can do to help your insomnia
6. Name three things you shouldn't do if you have insomnia
7. Can changing my diet help me to sleep?
8. What is a Mediterranean diet?
9. What else can help?
10. Anything else?



Do you need a better nights sleep?

Answers on the bottom of page two

### Do you have a sleep problem?

If you have trouble sleeping, you are not alone. As many as 16 million UK adults are suffering from sleepless nights. 67% have disrupted sleep with 23% managing no more than 5 hours a night. According to the 10<sup>th</sup> Annual Relaxation Survey, people in the UK are the most sleep deprived in the world.

You have insomnia if you, regularly:

- Find it hard to go to sleep
- Wake up several times during the night
- Lie awake at night
- Wake up early and can't go back to sleep
- Still feel tired after waking up
- Find it hard to nap during the day even though you're tired
- Feel tired and irritable during the day
- Find it difficult to concentrate during the day because you're tired

Short term insomnia means you have these

problems for less than 3 months otherwise it's long-term insomnia. Everyone needs different amounts of sleep but on average adults need between 7 and 9 hours sleep a night, children need 9 to 13 hours while toddlers and babies need 12 to 17 hours.

### What causes insomnia?

The most common causes are:

- Pain
- Stress, anxiety or depression
- Noise
- A room that is too hot or cold
- Uncomfortable beds
- Alcohol, caffeine or nicotine
- Recreational drugs like cocaine or ecstasy
- Jet lag
- Shift work

There are also conditions that can keep you from having a good night's sleep:

- Mental health issues
- Alzheimer's or Parkinson disease
- Restless legs, overactive thyroid and menopause
- Long term pain
- Sleep walking and night-time terrors
- Snoring

### **11 tips to beat insomnia:**

- 1) Keep regular sleep hours - going to bed and getting up at the same time every day, including weekends, will programme your body to sleep better.
- 2) Create a restful sleeping environment - your bedroom should be a peaceful place for sleep and sex, nothing else. Temperature, lighting and noise should be controlled. If you have a pet that sleeps with you, consider moving them elsewhere if they disturb you at night.
- 3) Make sure your bed is comfortable - your mattress should be changed every 10 years.
- 4) Exercise regularly - moderate exercise on a regular basis such as swimming or walking can help to relieve some of the tension that builds up over the day but don't exercise in the four hours before you go to bed.
- 5) Cut down on caffeine - it interferes with the process of falling asleep and prevents deep sleep, so avoid tea, coffee, energy drinks or cola, especially in the evening.
- 6) Do not overindulge - too much food or alcohol, especially late at night can interrupt your sleep patterns. Alcohol will help you fall asleep initially, but it will disrupt your sleep later on in the night.
- 7) Do not smoke - nicotine is a stimulant so people who smoke take longer to fall



asleep, wake up more frequently and often have more disrupted sleep.

- 8) Try to relax before going to bed - have a warm bath, listen to quiet music, do some gentle yoga.
- 9) Write away your worries - if you tend to lie in bed thinking about everything you have to do tomorrow, set aside time before bed to create a "to-do" list.
- 10) If you cannot sleep, get up - do not lie there worrying about it, leave your bedroom and find something relaxing to do, then go back to bed.
- 11) Think about all the good things in your life - write down 3 things you are grateful for.



### **Will changing my diet help?**

Researchers have found that those who stuck to a mainly Mediterranean diet were twice as likely to enjoy a decent quality sleep than those on a more "normal" diet but unfortunately this is not true for people who are obese. A

Mediterranean diet consists of olive oil, veg and fruit, nuts, whole grains full fat yogurt and cheese and 1-2 glasses of red wine with an evening meal but avoiding cakes, biscuits etc.



**For more information about this or any other health condition give us a call to talk to one of our trained staff.**

Answers: Q1, It means you have problems sleeping. Q2, You find it hard to go to sleep, wake up often during the night, wake up early and can't get back to sleep, feel tired and irritable during the day, have difficulty concentrating. Q3, Pain, depression, anxiety, noise, alcohol, nicotine, caffeine, jet lag, shift work, uncomfortable bed, snoring. Q4, 7-9 hours. Q5, Go to bed and wake up the same time each day, relax for the last hour before bed, keep your bedroom dark and quiet, exercise regularly, make sure your bedding is comfortable. Q6, Don't smoke, drink alcohol, tea or coffee, eat or exercise late at night, watch screens, nap during the day. Q7, Studies have shown that a Mediterranean diet can help people sleep longer and better. Q8, Lots of olive oil, nuts, oily fish, fruit, veg and wholegrains along with reasonable amounts of full fat yoghurts and cheese and one or two glasses of red wine with your evening meal. Q9, Making a "to-do" list before you sleep so you don't worry about getting things done the next day. Q10, Writing down three things you are grateful before you settle down.