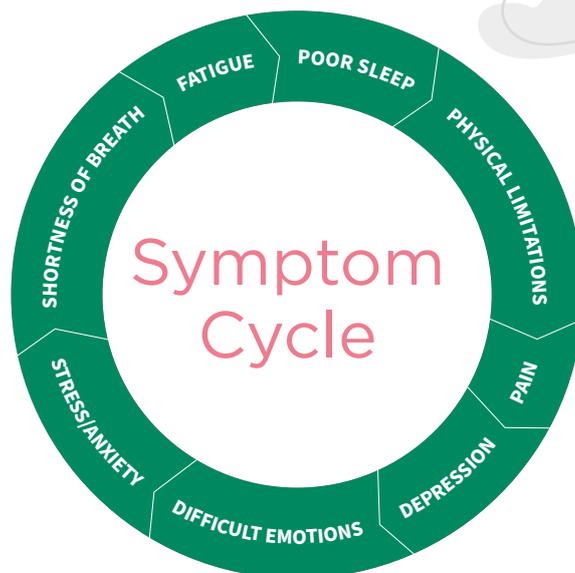


# Sleep

This kete will help you to learn about sleep and make a plan to improve it.



Poor sleep can be caused by a number of different issues, including other symptoms such as stress or pain. These are often linked to each other. Because they are all connected they can make each other worse and turn into a symptom cycle.

## Breaking the cycle

Understanding that these are all connected is the first step in breaking the cycle. You might not be experiencing all these symptoms at the same time.

This kete has tools and resources that can help you find some things you can do to break the cycle, and make a plan to improve your sleep.



Learn more at:  
[hn.org.nz](https://hn.org.nz)

**Book recommendation:**  
Living a Healthy Life with Chronic Conditions, by Kate Lorig, et al. Bull Publishing, 2020.

# Sleep



## What does having a good sleep mean?

- ▶ Good sleep is a necessary part of health and wellbeing. It's important for brain function, emotional wellbeing and physical health.
- ▶ Adults needs about 7-8 hours of sleep each night and not getting enough sleep can affect how you perform during the day and your personal safety. If you haven't had enough sleep for a while you need at least 2 nights of good quality sleep in a row to catch up.



## What happens when I am sleeping?

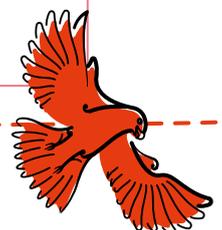
- ▶ Good sleep allows your body to rest, conserving energy and lowering your breathing rate, blood pressure and body temperature. Meanwhile your brain is engaged in specific processes that help with memory, mental functioning and physical growth.
- ▶ Regular lack of sleep interrupts these processes and can increase your risk of developing long-term health problems.

### Sleep is thought to play an important role in:

- controlling body temperature and metabolism (energy use)
- good immune system functioning
- brain function and memory
- releasing a growth hormone needed for tissue repair in everyone and growth in children
- regulation of appetite and weight
- control of blood glucose levels.

### Over time, a lack of sleep can lead to:

- mood and concentration problems
- hunger and weight gain
- looking tired
- lower libido (sex drive)
- feeling sleepy during the day
- getting sick more often than usual.



# Sleep

Tips to improve your sleep.

- ▶ Without a good night's sleep, it can be hard to function properly. Poor sleep can make you feel tired and grumpy. The good news is there are things you can do to improve your sleep by making a few changes to your daily routine and habits.



## Set your body clock



- Go to bed and get up at the same time each day, including weekends.
- Keep your daytime routine the same, even if you've had a poor night's sleep.
- Get out into bright light as soon as you wake up – light regulates your body clock.

## Wind down at bedtime

- Relax before going to bed; try reading, having a bath or listening to music.
- Make your bedroom dark, cool and quiet and ensure that your bed is comfortable.
- Don't go to bed hungry. Drinking a warm glass of milk before bed may be helpful.
- Avoid heavy meals within 2 hours of bedtime as this can interrupt sleep.

## Keep your evenings stimulant-free



- Don't drink any caffeinated drinks within 6 hours of going to bed.
- Avoid smoking and drinking alcohol 2 hours before going to bed.
- Avoid using your computer, mobile phone and other electronic devices at least 30 minutes before going to bed.

## Go to bed when you're tired



- If you go to bed at the same time each night, you should start to feel sleepy at bedtime.
- If you're awake after 20 minutes, get up and do something relaxing in another room.
- If you have things on your mind, write them down. Keep a pen and paper by your bed.

## Be active in the day



- Regular daytime exercise improves sleep.
- Avoid strenuous exercise within 3 hours of going to bed.

If you want to make some changes, you could try using the sleep tips tracker to keep a record of the things you are doing.

If you have ongoing sleeping problems, see your doctor for advice. There are treatments available.



Learn more at:  
[hn.org.nz/sleep](https://hn.org.nz/sleep)



# Sleep tips tracker



## To help you get a better night's sleep

Having difficulty sleeping? There are lots of things you can do to help get a better night's sleep. Use this form to record the things you are doing - remember the more of these you do, the more likely you are to get a good night's sleep.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did some exercise during the day							
Avoided napping during the day							
No caffeine within 6 hours of going to bed							
No physical exercise within 3 hours of going to bed							
No alcohol within 2 hours of going to bed							
No smoking within 2 hours of going to bed							
No heavy meals within 2 hours of going to bed							
No computer, mobile phones or other electronic device 30 minutes before going to bed							
Didn't go to bed hungry							
Relaxed before bedtime							
Put pen and paper by my bedside so I could write down things on my mind							
Set a bedtime routine and went to bed on time							
Got out of bed when awake in the night for more than 20 minutes							
Woke up on time							
<b>Rate 1 - 10 how good your sleep was</b>							

# Relaxation

Relaxation is good for your health.

- ▶ Being able to relax is vital for good health.
- ▶ Life can get busy and we don't notice how tense or stressed we have become.

Are you relaxed?

1

### SHOULDERS

Are they up around your ears or relaxed? Push them up and then let them fall down.

2

### FOREHEAD

Is it creased and frowning? Or smooth and relaxed? Push your eyebrows up then let them fall into a relaxed position.

3

### JAWS

Are your teeth clenched? Let them come apart without opening your mouth. Feel your jaw muscle. Is it hard or relaxed? Let it go.

4

### TONGUE

Is it up against your front top teeth? Let it lie on the floor of your mouth.

5

### HANDS

Are they clenched like fists ready for a fight or floppy and relaxed?

6

### BREATHING

Is it from your chest and rapid, or from your stomach and slow with full 'out' breaths?

7

### TOES

Are they curled up tight or relaxed?



## Ways to relax

Some people relax by going for a walk or doing some gardening. Others relax by reading a book, listening to music, watching a movie or talking to friends.

How do you relax? .....

.....

.....

.....



Learn more at:  
[calm.auckland.ac.nz](http://calm.auckland.ac.nz)

# Deep breathing

- ▶ Deep breathing, or breathing into your stomach, can make you feel better and help you to relax.
- ▶ This is also called diaphragmatic breathing.



## Deep breathing technique - this can be done sitting or lying down

1

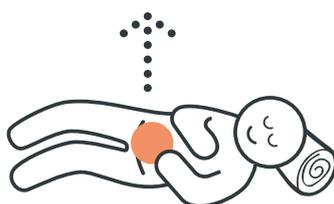


Lie on your back on a flat surface or in bed, with your knees bent and your head on a pillow.

You can also put a pillow under your knees to support your legs.

Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.

2



Breathe in slowly through your nose so that your stomach moves out against your hand.

The hand on your chest should remain as still as possible.

3



Tighten your stomach muscles, letting them fall inward as you breathe out through your lips like you are going to whistle.

The hand on your chest should remain as still as possible.

You may notice an increased effort is needed to use the diaphragm correctly. At first, you might get tired doing this exercise but keep at it because, with continued practice, diaphragmatic breathing will become easy and automatic.

Practise for 5-10 minutes, about 3-4 times per day. Gradually increase the amount of time you spend doing this exercise, and perhaps even increase the effort by placing a book on your stomach/puku.

## My sleep action plan



Now it's time to start making a plan to improve your sleep.

Start with a goal, it can be anything that you would like to achieve that is important to you. When you decide on what you will do to work towards your goal, try to make it:

- **Specific** - not vague.
- **Measurable** - so you know you are doing it.
- **Achievable** - if it's too hard you won't manage it.
- **Realistic** - if it's not possible you might not even get started!
- **Trackable** - something you can record over time and see how you're doing.

Here's an example:

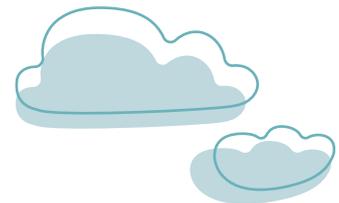
**Goal:** Hemi wants to be able to kick a football around with his mokopuna/grandson instead of feeling tired in the afternoon.

**Actions:** He needs to get a better night's sleep so he is less tired.

**Chosen action:** Hemi decides he will go to bed and get up at the same time each day, even on the weekends, and he will go outside when he wakes up to regulate his body clock.

**Confidence:** He is fairly sure he can do this so rates his confidence as 8 out of 10.

*If a big change feels too much, break it down into a set of steps. Small steps are a great way to start.*



# My action plan: What is my goal and action plan?



## My sleep action plan goal:

**Why** do I want to do this? \_\_\_\_\_

**How** will this help? \_\_\_\_\_

**What** could I do to achieve this: \_\_\_\_\_

## My sleep action plan:

**How much** or how often will I do this? \_\_\_\_\_

**When** will I do this? \_\_\_\_\_

**Who** can help me: \_\_\_\_\_

**How confident am I that I can do this:** ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Things I am not ready to do yet: \_\_\_\_\_

What might stop me achieving these goals or making these changes? \_\_\_\_\_

You are more likely to be successful if your confidence level is 7 or more. If you are less confident, you might like to make your action plan easier.



 For more copies, visit [hn.org.nz/kete](http://hn.org.nz/kete)