

Sleep problems



You sleep more when your body fights infection. While you are getting better it can be common to have problems sleeping. You may find it hard to get back into a good routine.

Improving your sleeping pattern

There are things you can do to help get back to a better sleeping pattern.



- have a comfortable bedroom temperature
- make sure your bedroom is dark
- take time to relax in the evening
- get ready for bed at the same time each night
- try to get up at the same time every day
- make time during the day to write down any worries
- discuss your worries with family and friends if you can
- keep a sleep diary to help you work out what helps you get a good sleep



Try not to:

- have drinks with caffeine before bed
- look at any screens for at least 2 hours before going to bed
- snack or eat a large meal late in the evening



If you cannot get to sleep within half an hour of going to bed, get up and relax in another room until you feel tired again.



If you are feeling very tired during the day you can take a 30 minute nap. It should not affect your sleep at night as long as it is not too late in the day.



Speak to your GP practice if:

- your sleep problems are not getting better
- you are worried about your symptoms