

Things to help you sleep continued.....



Do not drink alcohol before bed.



Do not drink things with caffeine in late at night!

Like tea, coffee or Cola.



If you really cannot sleep, go in a different room until you feel tired.

Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday, between 9.30am and 4.30pm.



To get this information in another format email:

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Things to help you sleep

Made with help from people who use the service



Find us online at [cornwallft](http://cornwallft.nhs.uk)



What is sleep?



Sleep is something that everybody does.



You should sleep when it is night time.



If you do not sleep at night time, you will feel tired in the day time.



Sleep can help you feel happy.



Sleep can help you learn new things.



Sleep can help keep your body healthy.

Things to do to help you sleep



Go to bed at the same time every day.

Even on weekends!



Do the same things before you go to bed.



Relax before you go to bed.



Exercise daily



Make sure your bed is comfy.



Do not eat big meals too late.