

The Advice Line Service: 01744 646454

We have an answer phone service in the Rheumatology Department if you require any advice or need to change your therapy appointment.

Remember to speak slowly and clearly state the name of the person who the message is for.

Leave your name, hospital number and contact number.

### When will we call you back?

If you call the Advice Line Monday - Friday we will attempt to call you back on 2 occasions within 2 working days.

The advice line is not open at weekends or bank holidays and is not for medical emergencies.

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# Sleep

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in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

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## Sleep hygiene

It is important to keep a normal sleeping routine, even though fatigue may make you feel like sleeping all the time. Good quality sleep may help you fight fatigue and reduce your need to sleep during the day. The following pointers could ensure better sleep.

### Pre-sleep routine

Try to use the hour before going to bed to unwind and prepare for sleep. In the same way you would not expect a child to go straight to bed from an exciting game, most adults need to wind down.

### Sleep just long enough

Sleep as much as you need to feel refreshed and healthy during the following day. Limiting time in bed seems to produce good quality sleep. Too much time in bed is related to disturbed and shallow sleep.

### Consistency

Try to get a consistent timetable so that your body has a routine. Going to bed and getting up at roughly the same time is much better during spells of insomnia than trying to catch up on lost sleep or going to bed or napping at odd times during the day. If you need to sleep in at weekends try to make it not more than an hour later than usual.

### Exercise regularly

A steady daily amount of exercise may help to deepen sleep over the long term.

### Eliminate noise

Occasional loud noises disturb sleep, even if you do not remember the disturbance in the morning. If your bedroom is noisy, you could mask some of the noise by playing low volume soft music or using earplugs.

## Keep a constant temperature in your bedroom

Room temperature should be comfortably warm as a hot or cold room disturbs sleep.

### Have a bedtime snack

Hunger may disturb sleep. A light snack or warm milky drink seems to help some people sleep better.

### Avoid stimulants

Many poor sleepers are very sensitive to stimulants. Try to avoid caffeine drinks and chocolate near to bedtime as they will reduce the quality of sleep.

### Know how naps affect you

Some people find that daytime naps help them to sleep better at night, while others sleep more poorly after them. Find out what suits you best. Napping can affect your natural rhythm and only add to your problem.

### Limit your intake of alcohol

Alcohol can help tense people to fall asleep fast, but the sleep tends to be broken, so avoid large amounts of alcohol near bedtime.

### Know when to say enough

Rather than trying harder and harder to fall asleep during a poor night, switching on the light and doing something else may help if you are feeling so angry and frustrated that you cannot sleep.

### Smoking

If you smoke last thing at night it can keep you awake as nicotine is a stimulant. If you do smoke, try to have your last cigarette at least 4 hours before bedtime. Nicorette patches or chewing gum could also affect sleep.