

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

Useful Resources:

The following resources are independent of CWP. Details are provided for information purposes only. CWP will not be responsible for the advice provided.

NHS Every Mind Matters (Sleep):

Practical tips and resources to improve sleep. <https://www.nhs.uk/oneyou/every-mind-matters/sleep/#>

NHS Live Well (How to get to sleep):

Advice and tools for better sleep. <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

Scottish NHS Moodle Juice (Sleep Problems):

A self-help workbook. <https://www.moodjuice.scot.nhs.uk/sleepproblems.asp>

The Sleep Charity:

Information and advice about improving sleep. <https://thesleepcharity.org.uk/>

Overcoming Insomnia and Sleep Problems by Colin Espie. A self-help book based on cognitive behavioural therapy techniques.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail cwp.info@nhs.net

আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, অক্ষর ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tîp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

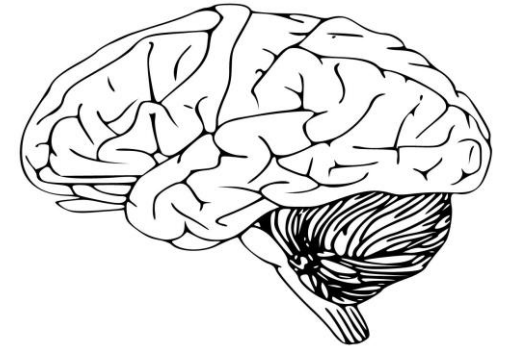
如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至 cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

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Acquired Brain Injury & Sleep Problems



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Sleep after brain injury

Sleep disturbance is common after brain injury and stroke. It can be difficult to pinpoint the issues involved. Poor sleep could be a side effect of the emotional and physical difficulties caused by a brain injury or it may be a result of damage to parts of the brain which regulate alertness and sleep.

Common factors affecting sleep

- Pain, worry, lifestyle or home environment.
- Side effects of certain medications.
- Hormone imbalances, which may require investigation.

Effects of lack of sleep

Lack of sleep can have a significant effect on our thinking skills, as well as our emotional and physical health.

Many of the problems commonly experienced following a brain injury, such as impaired memory, poor concentration, low mood, anxiety and irritability, can be made worse by a lack of sleep.

Sleep hygiene

Sleep hygiene involves doing things known to improve sleep and avoiding those things which are known to disturb sleep.

There are many excellent resources on how to improve your “sleep hygiene”, see overleaf.

What can I do to help?

If you are having problems sleeping, the following actions may help.

- **Routine** Try to have regular sleep times – going to bed and getting up at the same time. This will help to regulate the body’s internal clock.

- **Relax and wind down before going to bed** - it is important to prepare the body for sleep. Try to find a way to relax at least an hour before bed, such as reading, a warm bath, listening to an audio book or soothing music.

If you are struggling to switch off/relax due to anxiety or stress, discuss this with our service.

- **Switch off electronic devices** - mobile phones, tablets and computers emit blue light. Exposure to blue light at bedtime can cause sleep issues. Switch off electronic devices at least an hour before bed.

- **Bedroom environment** - try to keep the bedroom sleep friendly. Ensure it is comfortable, dark, quiet, cool in temperature and free from electronic gadgets. Black-out blinds or eye masks can be beneficial. Earplugs are also useful if noise is an issue.

- **Do not consume caffeine after lunchtime** - caffeine is a stimulant and can keep you awake. Products containing caffeine (tea, coffee, cocoa, chocolate, soft drinks, etc.) should be avoided after lunchtime. Consider trying decaffeinated coffee and tea.

- **Avoid alcohol and nicotine before bedtime** - alcohol may initially promote sleep, but can disrupt the quality of sleep later in the night.

Nicotine is a stimulant and should be avoided 2 hours before bedtime.

- **Exercise and natural light** - regular exercise (even mild) is good for sleep, but should be completed at least 3 hours before bed.

Exposure to natural daylight helps your internal clock with the sleep-wake cycle.

- **Nap early** - a daytime rest is highly recommended following a brain injury/stroke. Ensure your nap/rest is early in the afternoon and no longer than an hour in duration.

If your difficulties continue consult the Acquired Brain Injury Service, your GP or Consultant.