Cambridgeshire & Peterborough
Integrated Care System

Health and wellbeing advice on sleep

Sleep: winning strategies for a restful night

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Common sleep challenges

Sleeplessness

- Taking a long time to fall asleep.
- Waking frequently in the night and trouble falling back to sleep.
- Waking too early.
- Reduced total sleep time.

Worldwide rate of prevalence: 22% or 1 in 5 adults.

Sleeplessness

Contributing Factors: stress, anxiety, low mood, poor sleep hygiene, irregular sleep schedules, and certain medical conditions or medications.

Treatment: Management strategies such as cognitive-behavioral therapy, lifestyle modifications, sleep hygiene improvement, and in some cases, pharmacological interventions. Please speak with your physician/doctor about this.

Sleep basics

Sleep support basics [1]

Try and get a decent amount of sleep (that's 7-9 hours for most of us).

Keep to a regular sleep schedule as often as you can.

Avoid stimulants too close to bedtime (caffeine, alcohol, tobacco).

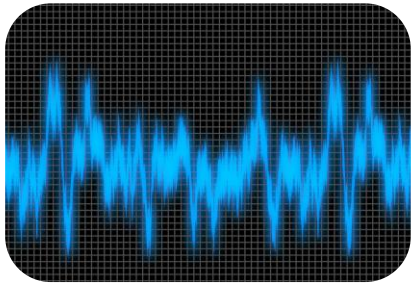
Limit social media (easier said than done).

Keep your alarm clock out of view and don't snooze.

Sleep support basics [2]

18˚C

Avoid being too warm at night (average of 18 degrees Celsius is ideal).



Minimise unexpected noises at night (earplugs or white noise).

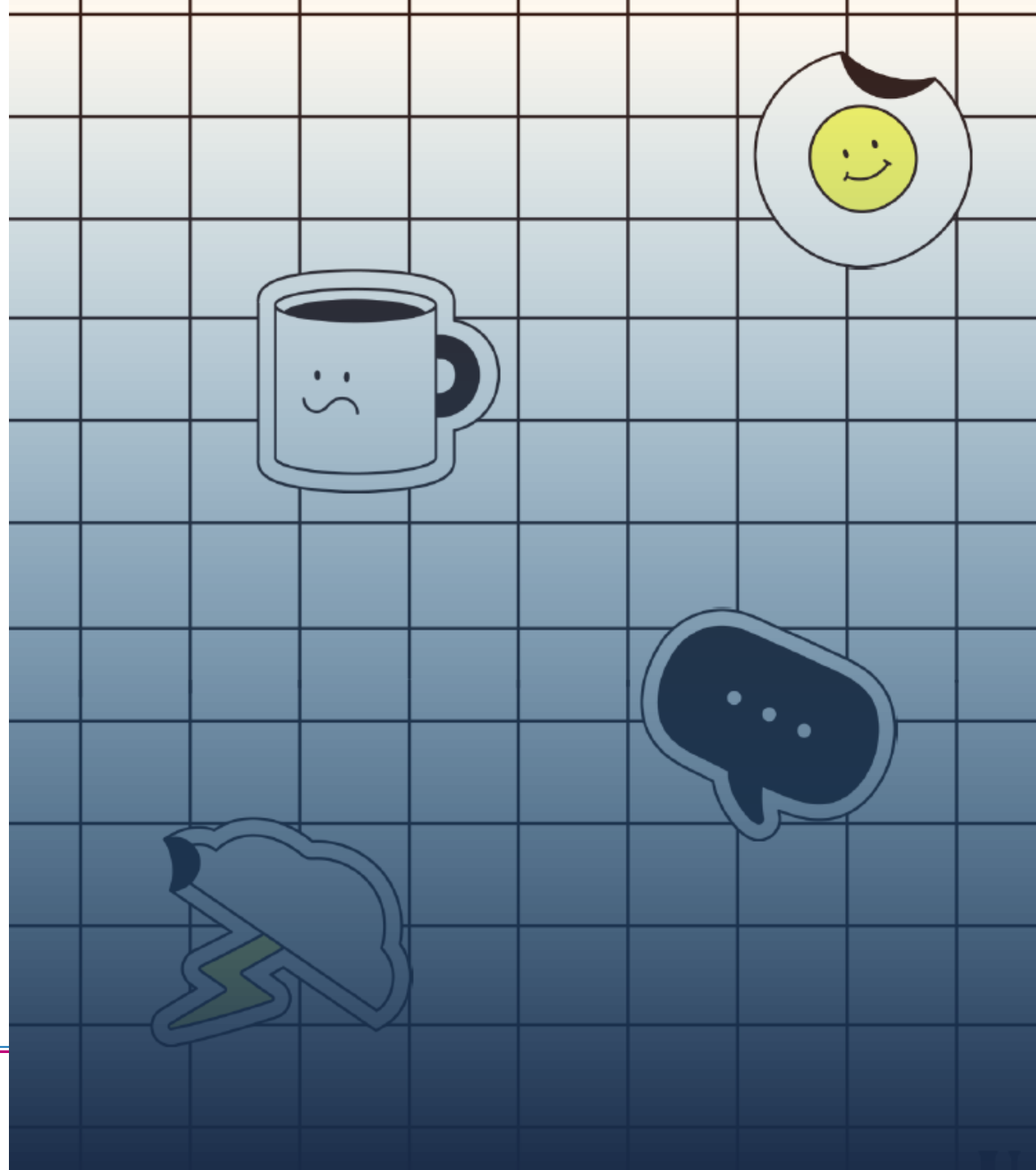
Make your room as dark as possible (black-out curtains/ eye mask).

Keep the bedroom for sleep and intimacy only.

Shift work

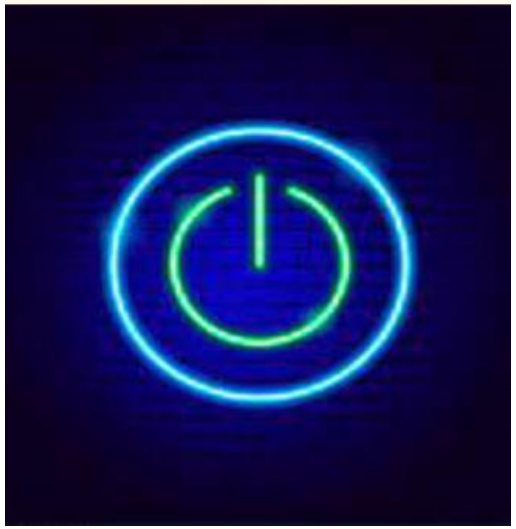
Sleeplessness

- Shift work can vary depending on location and role.
- Find consistency where you can.
- Issues: Trying to fit two worlds and impact on body.
- Ability to tolerate shift work decreases with age.



On shift strategies

- Breaks should be taken away from your work area where possible.
- Preferably in a brightly lit space for the first few hours of a shift.
- Light stretching or exercise will increase your alertness.
- Complete complex tasks or demanding work in the first part of a shift.
- Rotate any monotonous or sedentary tasks.



Off shift strategies

- 1st night: Short sleep (20-30 minutes) a couple of hours before.
- Last night: Short sleep (20-30 minutes) and your normal bedtime.
- Try winding down before intended bedtime, if possible, even at work.
- Avoid actively trying to sleep.
- Sleep in bed only.
- Set an alarm.
- Let others know your shift patterns.

Ending your workday

Ending your workday

- Finish off any important tasks before leaving the office.
- Always end your workday with the same activity or ritual.
- Ideally, use the last 20 minutes or so for more mundane tasks.
- Do something totally unrelated to work during your commute home.

Ending your workday

- Engage in an after-work hobby or activity.
- Avoid checking emails or doing any work-related activity for at least 2 hours before bed.
- Set aside constructive planning and/or ‘worry time’ in the early evening.