



### Things to help me sleep?

Relaxation is the ability to feel chilled. It is the art of de-stressing both the body and the mind. The feeling of relaxation is a very personal experience as we all like to relax in different ways. It's therefore important that you find what works for you. Think about how you might induce a state of relaxation by using all of your senses:

**Sound** Wind chimes and natural sounds such as those found on relaxation CD's along with other relaxing music may also help.

**Vision** Lava lamps and fibre optics can be calming or you may wish to visualise a favourite place inside your head which brings back soothing & calming memories.

**Touch** Favourite fleeces, blankets cuddly toy or even pets can prove to be soothing and relaxing.

**Smell** Joss sticks and oil burners are very popular. Lavender and other essential oils may prove calming. Scented candles, flowers and potpourri may help. Great care should be taken when using candles however and these should be blown out before you go to sleep and never be left unattended.

## Useful Web Addresses

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

### More Help?

If you would like to learn some relaxation techniques, please have a word with the Occupational Therapist. She will be able to see you at a convenient time to discuss your difficulties and teach you a variety of techniques.

### Other agencies

The Source – free info & support for young people with arthritis Email: [TheSource@arthritiscare.org.uk](mailto:TheSource@arthritiscare.org.uk)  
Tel: 080 8808 2000

### Department of Rheumatology

Physiotherapy	0121 333 8221
Occupational Therapy	0121 333 8213

### Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



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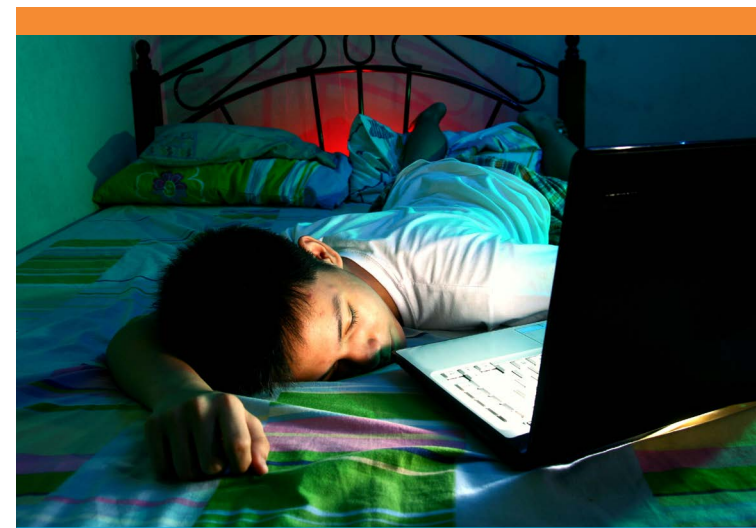


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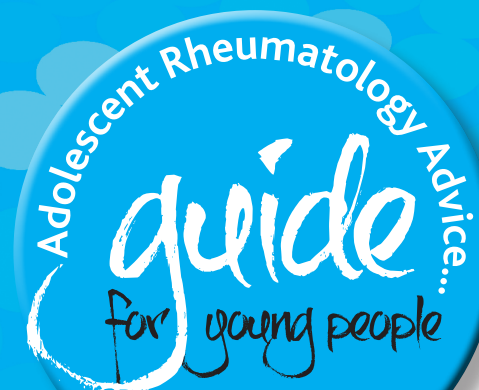
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## About this leaflet

There are many different reasons for poor sleep, but there is no doubt that without a good night's sleep we often feel achy, tired and low in mood.

This leaflet provides general advice about how you can improve your sleep and gives top tips about managing where you sleep, your night time routine, as well as your activity and stress levels.

If your difficulties persist it may be helpful to discuss these with your doctor or another member of the healthcare team.

## Top tips

### Environment

- Make sure your room is tidy and feels relaxing
- Curtains should block out all the light
- The bed should not be too hard or soft
- Wash bed linen regularly so it feels fresh & smells good. Make your bed to get rid of any wrinkles
- Use scented cushions or potpourri to make the room smell nice
- Use a hot water bottle to warm the sheets and make it nice & cosy
- Avoid using too many pillows, your neck and back should be in a straight line when lying on your side

### Routine

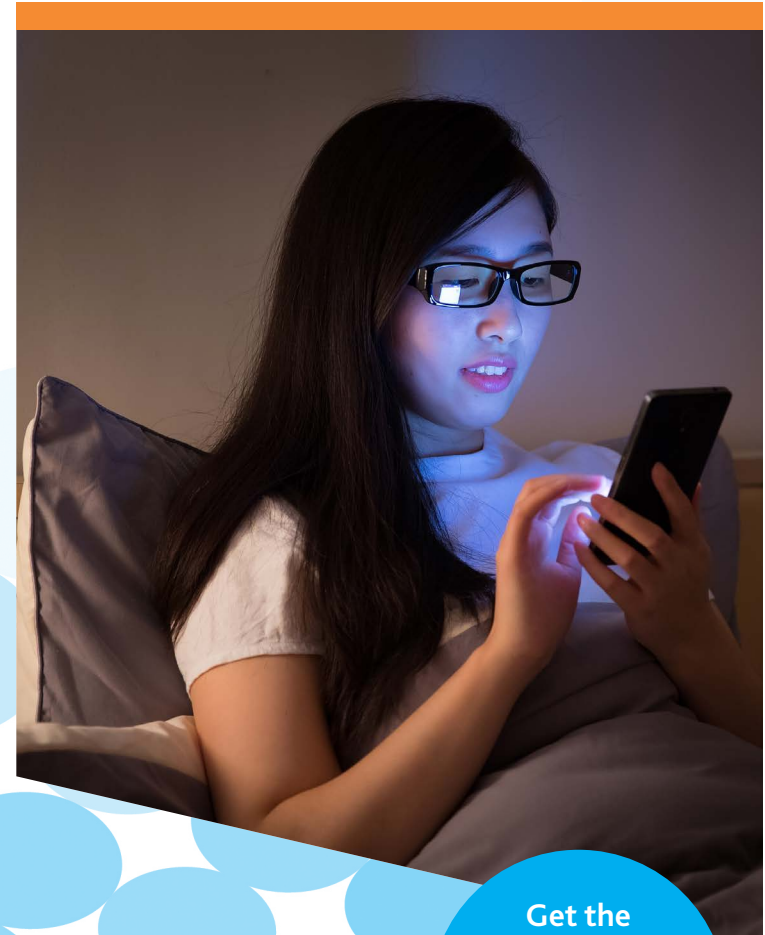
Try to go to bed at the same time each night

- Get into a routine before going to bed each night e.g. have a warm bath
- Avoid drinks containing caffeine such as coke, coffee etc.
- Don't drink anything after 8pm to avoid getting up to go to the loo.
- Don't play loud music before going to bed. Maybe find some relaxing/chilled music to listen to.
- Don't watch scary or exciting things on TV before going to bed
- Don't have a TV in your room, or avoid turning it on when you can't sleep
- Don't nap during the day
- Avoid computer/video games before bed
- Avoid lying on the bed during the day. The bed is for sleeping only

### Clear your mind!

Be active throughout the day so you are tired when you go to bed

- Do your homework early on in the evening so you have time to relax
- Before going to bed, pack your bag ready for the next day
- Make a 'to do' list for the next day
- Share any worries with someone you can trust or write them down. Don't bottle them up!
- If you have difficulty getting to sleep try some relaxation techniques.



Get the basics right...  
Noise,  
comfort,  
light

Work out a  
routine that  
works for you

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