

Sleep.

Getting a good night's sleep is important to restore your energy, reduce anxiety and improve your mood. There is no 'correct' amount of sleep – each person needs a different amount of sleep. You need less sleep as you get older.

Tips to help you sleep at night

- Get into a routine. Start by getting up at the same time each day, even if you do not have to get up to do anything.
- Avoid napping during the day.
- Do regular exercise.
- Avoid heavy meals before bedtime.
- In the evening, avoid food or drinks that contain caffeine – tea, coffee, cola or chocolate.
- Avoid upsetting or stressful TV programmes or books etc before going to bed.
- Use your relaxation techniques.
- Keep your medication (inhalers etc), tissues and water by the bed so you do not have to get up for them.

If you can't sleep

- Don't stay in bed getting more frustrated. It is better to get up and do something else for a while.
- If you are kept awake by shortness of breath, take your medications (as prescribed) and use pillows to keep you more upright.
- If you are kept awake by coughing, try your chest clearance techniques. Doing this before you go to bed may also be helpful.



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