

A Bolder Healthier Winter Sleep

Birmingham Public Health 2023



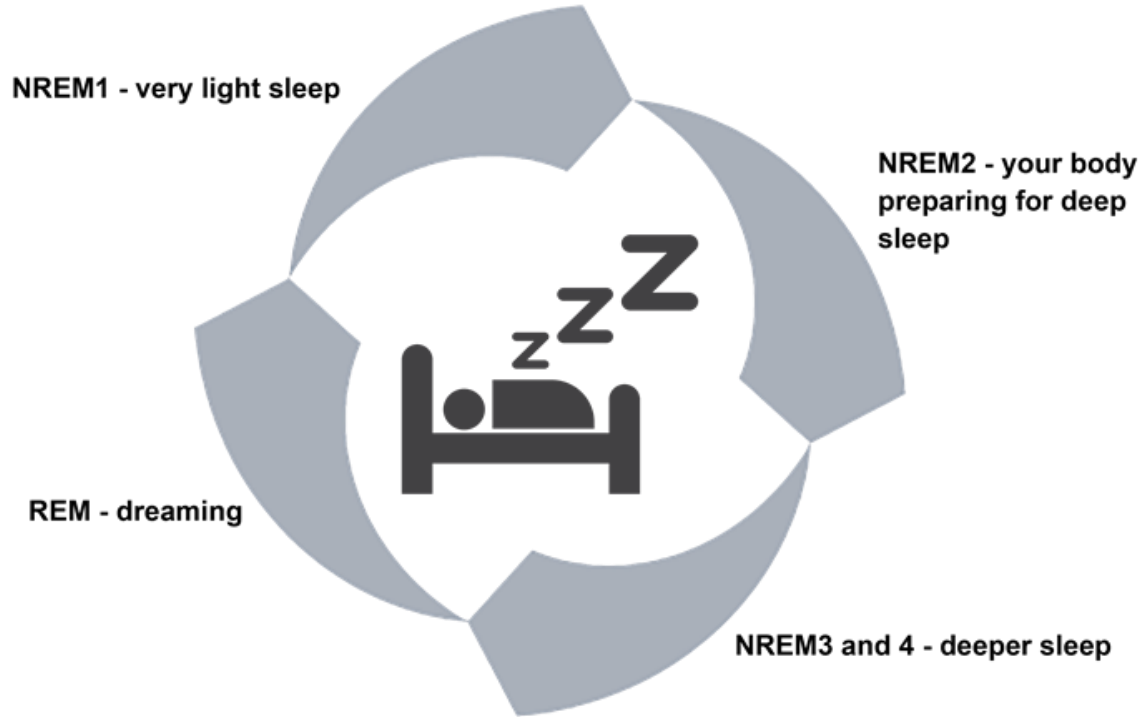
BE BOLD BE BIRMINGHAM

A Bolder Healthier Winter

A series of practical resources to enable professionals and community leaders with **direct reach to communities** and an established, trusted relationship **to support their communities** to improve overall health and wellbeing.



Understanding sleep



How much sleep do we need?

Age group	Approximate hours of sleep needed per day
Baby	14-17
Toddler	11-14
Teenager	8-10
Adult	7-9
Older adult	7-8



What causes problems with sleep?

- Genetics
- Psychological characteristics
- Stress
- Unhelpful daytime routines
- Lack of routine
- An irregular night-time routine
- Overstimulating activities before bed
- Mental and physical health conditions
- Age
- Discomfort

How can sleep problems present?

- Difficulty getting to sleep
- Difficulty staying asleep
- Waking up too early
- Poor quality, disturbed sleep
- Sleeping too much

What impact can sleep difficulties have on us?

- Constant tiredness
- Changes in mood
- Difficulty getting up in the morning
- Difficulty concentrating
- Exacerbation of health problems

Developing good sleep hygiene

- Address stress and worries
- Create a comfortable sleeping environment
- Think about food and drink
- Be aware of substances
- Develop a routine
- Avoid over-stimulating activities
- Be aware of your tiredness levels

Overcoming problems with sleep

- Identify the problem
- Make a change to address the problem
- Seek help when you need it

Where can you get advice and support?

- [National Sleep Helpline](#) - 03303 530 541
- [Mind](#) - 0300 123 3393
- [Every Mind Matters](#)
- Your GP



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