

Session Summary: Sleep

Sleep is vital for your physical, mental, and cognitive wellbeing. However, it is common to experience difficulties sleeping after a major injury.

Many factors can impact sleep, including mood and anxiety, alcohol and caffeine, pain, and the environment you sleep in.

Top-Tips for sleep

During the day

Drink less caffeinated drinks (e.g. tea/coffee/fizzy and energy drinks)

Short naps can be helpful during rehabilitation, but avoid long naps or naps later in the day.

Try gentle exercise (check with your GP or Physiotherapist first)

Before bed

Have a routine – go to bed and wake up at the same time each day. Set an alarm and turn the clock away from you.

Try relaxation exercises or a warm bath before going to bed.

Avoid alcohol or eating a large meal 2 hours before bed.

Take all medication at the correct time.

Environment

Keep your bed for sleep

Avoid TV, computers, phones etc just before or whilst in bed

Reduce light – use an eye mask/close the curtains

Keep it quiet – shut the door, turn off the TV/music and use earplugs if necessary

Keep your room at a comfortable temperature

During the night (if you can't sleep)

Get out of bed (if possible) – avoid lying in bed awake.

Do a quiet activity or listen to calming music (for around 15-30 minutes)

Have a warm milky drink (but no caffeine)

Worried? Try writing these down your thoughts to deal with tomorrow

Try to remain calm (feeling frustrated about poor sleep can make sleep more difficult to get back to sleep).

Remember!

Everyone is different! Helpful strategies will be different for each person.

Be Consistent – Strategies will be more likely to help if you consistently use them.

Give it time! It is important to give yourself time (at least 7-10 days) before deciding whether or not your strategies are improving your sleep.

Goals

Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

Specific

- Make it clear what you wish to work on

Measurable

- Work out a way of quantifying your success

Acheivable

- Your goal should be something you can plan to acheive

Realistic

- Practical in a way that can be attained in real life

Time-Bound

- Helps to make the goal more focussed

My Sleep Goal:

Choosing a goal can help you to develop a clear, achievable plan to work towards improving your sleep. You may wish to write your goal here;

If you have any questions about the Major Trauma Wellbeing Group please contact:

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