



Sleep Management Information

What is Sleep Management?

Difficulty sleeping can occur in many ways, for some people it may be sleeping for too long or it could be not getting enough sleep.

The length of sleep required can vary dependent upon age. It is suggested that adults aged 19-45 years is 7 hours and aged 46+ is 5-7hours.

Sleep is part of our natural body's rhythm. This natural rhythm is known as the circadian rhythm. Raising awareness of your individual rhythm can help you to identify when you are most awake and feeling sleepy.

The Sleep Management group aims to identify problems that impact on your quality of sleep.

What happens in a session?

We will complete an initial assessment and discuss the use of a sleep diary to help support you to recognise factors that may be impacting on your sleep.

There are 6 areas we will look at: sleep efficiency and quality of sleep, lifestyle factors, nutrition, exercise and any anxiety that may be contributing to lack of sleep.

What are the possible benefits?

By the end of the programme you should feel empowered to make positive changes to help promote better quality sleep. You should be able to identify triggers that may impact on episodes where sleep might be poor.

Would you like more information?

If you would like to know more about Sleep Management or any other complementary therapies available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 2.

Accessible Information

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

St Cuthbert's Hospice, Park House Road, Durham, DH1 3QF

0191 386 1170

hello@stcuthbertshospice.com

www.stcuthbertshospice.com

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