How to contact us:

Write to:

Community Learning Disability Team
The Redwoods Centre
Somerby Drive
Bicton
Shrewsbury
Shropshire
SY3 8DS

Email CLDTShrops@mpft.nhs.uk

Telephone: 01952 457417

IN AN EMERGENCY

	Monday-Friday between 9.00am-5.00pm Please phone the Community Learning Disability Team on 01952 457417 Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist. If they are not there, ask for the Duty Worker. Someone will talk to you.
	On Saturdays, Sundays or Bank Holidays or if it is before 9.00 am or after 5pm: Medical problems call your G.P. (doctor) or NHS 111. Mental Health problems call the Access Team 0300 124 0365. Social Services call 0345 604 2886.
	If there is an emergency: If you or another person is very ill, please phone 999 and ask for 'Ambulance'. If you or another person is in danger, please phone 999 and ask for 'Police'. If there is a fire, please phone 999 ask for 'Fire Service'.

If you require this information in another language or any other format, please contact Customer Services on 01785 783023, or customer.services@mpft.nhs.uk

Adult Learning Disabilities

NHS
Midlands Partnership University
NHS Foundation Trust

The Adult Community Learning Disability Service



Sleeping Well

Why is it important to sleep well?



A good night's sleep is important to feel your best the next day.



When we don't sleep well, we might feel:

- Tired
- Irritated
- Grumpy
- Anxious

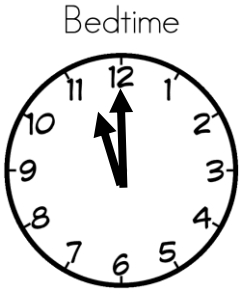


Bad sleep can also lead to bad health.

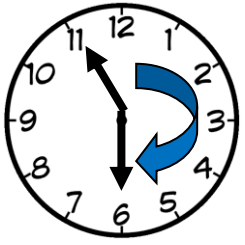


There are things you can do to help you have a good night's sleep.

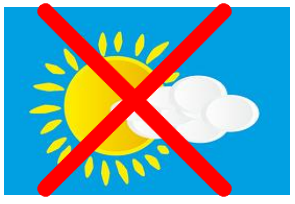
How to get a good night's sleep:



Try to go to bed at the same time everyday, for example at 11pm. Try to get up at the same time everyday, for example 6am.



Try to sleep for about 7 hours every night.



Try not to sleep during the day.



Get up when you wake up. Don't spend time in bed when you are not sleeping.

Sleep and Food



Don’t eat foods or drinks with caffeine in them after 5 o’clock in the evening, for example tea, coffee, coke and energy drinks.
Caffeine is a chemical that keeps you awake.



Don’t have alcohol and cigarettes after 5.



Eating well can help with your sleep. Eating foods like yogurt, bananas, nuts, turkey and tuna can be helpful (as long as you don’t allergy or allergic!)



Don’t eat a big meal two hours before going to bed.

Before going to bed



Have some time to relax one hour before going to bed. For example, you could have a nice bath.



Try not to watch something frightening or upsetting on TV before going to bed. It’s ok to watch something relaxing.



Switch off your phone.



Make sure your bedroom is not too hot or cold. 20 degrees Celsius is about right.



Make sure your bedroom is a relaxing environment that is tidy, quiet and dark.

Things that help you sleep well



Make sure you spend some time in the daylight everyday.
Natural sunlight can help you have a good night's sleep.



Exercise is good for your sleep, for example: walking, swimming or cycling.



Don't exercise two hours before going to sleep.

What to do if you can't fall asleep:



If you can't sleep after 20 minutes of going to bed, get up and do something else until you feel tired.



Make sure you don't watch TV, use a mobile phone, tablet or game console.
Their bright light will keep you awake.



Do something that is not exciting, for example looking through a magazine.



Make sure you don't put bright lights on.