

# Sleep Disorders



Sleep disorders are common conditions which are reported by most people at some point in their lives and can be poor quality sleep or difficulty in initiating or maintaining sleep

## Symptoms include:

- Finding it hard to go to sleep
- Waking up several times during the night
- Waking early and not being able to go back to sleep
- Feeling tired and irritable during the day
- Difficulty in concentrating because of tiredness

## Self-care advice

- Maintain a regular bedtime routine, known as 'good sleep hygiene' with a comfortable bedroom environment and temperature
- In the hour before you try to go to sleep, stay away from bright lights in your home and especially avoid blue-tinted light from TVs, phones, computers, gaming consoles, or tablets.
- Avoid caffeine in the evening and avoid heavy meals before bedtime.
- Regular exercise, but not just before bedtime, is beneficial.
- Use relaxation techniques and Apps
- Keep a sleep diary to determine any factors that influence sleep
- Try antihistamines or natural sleep aids for short term use

## Red flag symptoms

- Insomnia lasting longer than 3 months
- Symptoms for more than 3 nights per week
- Gasping or choking and apnoea (stopping breathing) during sleep
- Excessive daytime sleepiness

## Onward referrals

- GP may refer to a local sleep clinic

## Signposting

- Local sleep clinics

The information provided is correct at the time of publication, any information provided should be under the supervision of the Responsible Pharmacist. We hold no responsibility for any decisions made using this information.

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