



SLEEP

By Cody and Kayleigh

Kayleigh

Why am I struggling to sleep?

- You could be unwell
- Too many thoughts
- Nightmares
- Noise
- Lights bothering you.
- You could be scared of the dark.
- You may feel cold



Health Conditions

Health conditions may get in the way of your sleep. Some of these health conditions could be:

- Epilepsy
- Dementia
- Mental Health (like depression and anxiety.)
- Stomach problems or cramps.
- Breathing problems
- Snoring



Symptoms of Epilepsy



Loss of consciousness



Weakness



Anxiety



Staring



Contraction and jerking of muscles



Confused speech

Women's Health

Kayleigh

Woman's Health issues may make it more difficult for you to sleep:

Periods – Can cause cramps, headaches and pain.

Some women can get sick when they have a period. They may feel very tired and want to sleep more. They may become restless and find it hard to sleep.

Menopause can cause hot flashes; you can wake up sweating.

Thyroid problems can cause you to feel more sensitive to the cold.



Supported Living



If you live in supported living there might be rules. This can be hard for you to get to sleep, Have you ever had any of these things happen to you?

Strict bedtime, this can be hard if you are not sleepy.

Rules door closed.

Change a carer's shift.

Lights on and noise.

Carers can talk whilst you are sleep

Parent's and Carers

Kayleigh

Your sleep routine might affect your parent's and carers too. They might....

Stay awake when you can't sleep to make sure you are ok.

They might be in a bad mood because they haven't slept.

They might need to look after you if you are unwell during night

It can be hard to ask to for support from them when you know they are asleep.



Toilet Needs

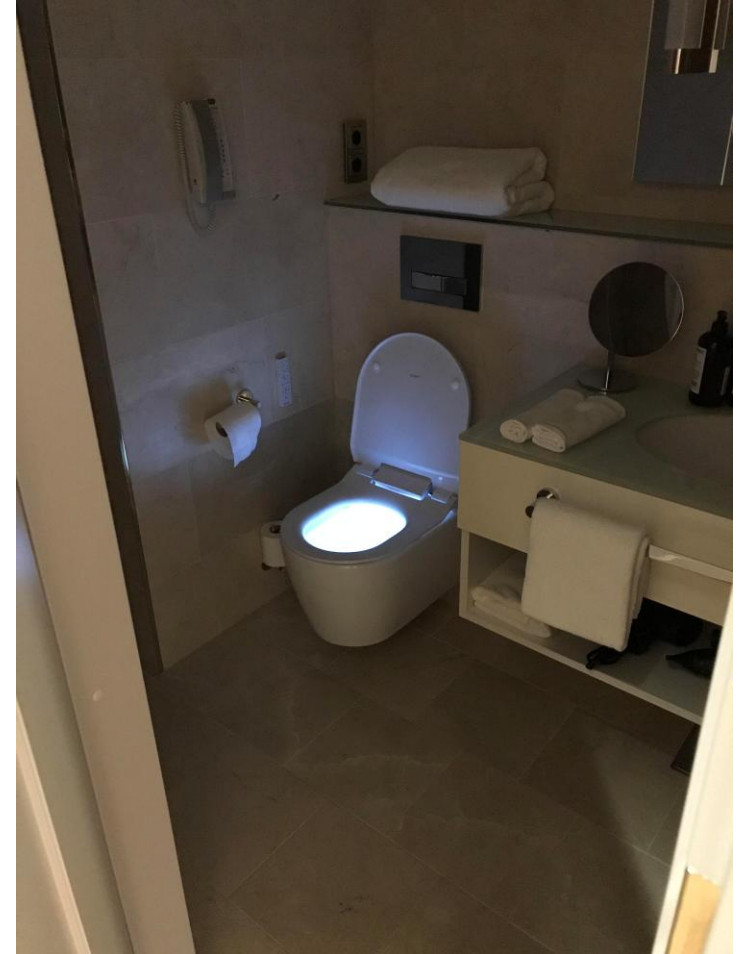
You might wake up at night if you need to go to the toilet or if you have wet the bed.

It might be hard to get back to sleep as your bedding might need to be changed.

Some people wear adult pads. You might wake up if you need them changed.

You might rely on someone to take you to the toilet or clean you afterwards.

You may feel embarrassed and uncomfortable if you are left like this.



Hospital

Kayleigh

It can be hard to sleep in hospital due to sensory overload.

The lights can be too bright.

Having strangers enter your room can be scary.

Seeing other people upset and poorly can be hard to cope with.

Being in pain can affect your sleep.

You might not have the things you are used to around you.

There may be some limits on what you are allowed to do

Bed sheets might be too tight and not cosy.



Medication



Medication can make you sleepy or more awake



Talk to your G.P about your sleep and how you feel.



Medication can make you feel sleepy during the day it can be harder to sleep at night.



Routine

Kayleigh

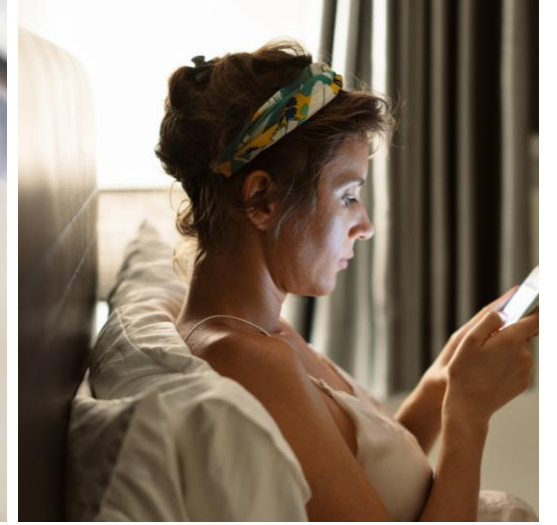
Creating a bedtime routine can help you sleep better. You can do this by:

Going to bed at the same time.

Limiting your screen time.

Making a warm drink.

It can be hard to sleep when your routine is broken.



Learning Problems

Lack of sleep can affect your learning by
40%



This can be more difficult for someone with
a learning disability or autism.



This can make your daily tasks harder.



Help to Sleep

Some things that the GP might recommend might not be right for someone with a learning disability.

We think these might help:

Cuddling a pet

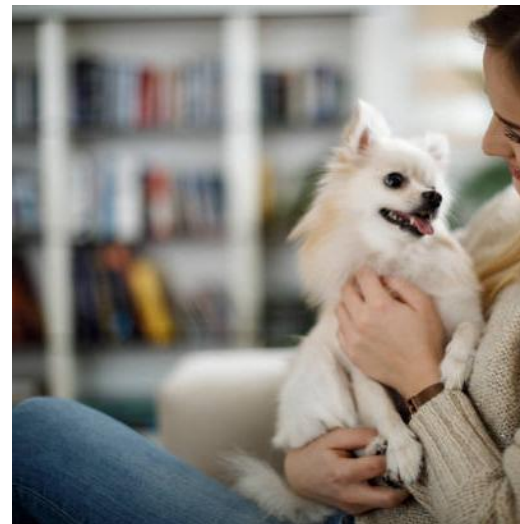
Partner staying with you.

Listening to music

Soft toy

Routine

Fresh air



Why Sleep Helps

MORE ENERGY

A BETTER MOOD

PERFORM BETTER IN WORK

**CLEAR SKIN /NO DARK CIRCLE
UNDER EYES**

**MAKE YOU STRONG TO FIGHT
OFF ILLNESS**



Discussion

Anyone had a night where they couldn't sleep? How did it make you feel?

Anyone have any tips that help them to sleep?

Why could it be hard to sleep in hospital?

