

## RECORD YOUR SLEEP

You can use this table to record how many hours you've slept for each night over a 2 week period.

	M	T	W	T	F	S	S
Week 1							
Week 2							

## RATE YOUR MOOD

You can use this table to record your mood each day over a 2 week period, using either the smiley face symbols or numbers.

	M	T	W	T	F	S	S
Week 1							
Week 2							

- 1 = very poor
- 2 = poor
- 3 = average
- 4 = good
- 5 = very good



poor    average    good

## WHAT ARE YOUR FIRST STEPS TO A HEALTHIER YOU?

## USEFUL SERVICES

### NATIONAL

#### NHS Choices

Advice on all areas of health  
[www.nhs.uk](http://www.nhs.uk)

#### Sleep Council

Advice for better sleep  
[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

### PORTSMOUTH RESIDENTS

#### Talking Change

Mental Health support  
023 9289 2920 / [www.solent.nhs.uk](http://www.solent.nhs.uk)

#### Solent Mind – Wellbeing Centre

Mental Health peer support  
023 9282 4795 / [www.solentmind.org.uk](http://www.solentmind.org.uk)

#### Wellbeing Service

Support to live a healthier lifestyle  
023 9229 4001 / [wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk) /  
search 'One You' on [portsmouth.gov.uk](http://portsmouth.gov.uk)

#### Southsea Sangha

Mindfulness  
[www.southseasangha.com](http://www.southseasangha.com)

#### Relate

Relationship support  
023 9282 7026 / [www.relate.org.uk](http://www.relate.org.uk)

#### Citizen's Advice

Debt/legal support  
Portsmouth 023 9285 5855 / Cosham 023 9231  
5411 / [www.portsmouthcab.org.uk](http://www.portsmouthcab.org.uk)

#### Advice Portsmouth

General & specialist advice including family law clinic  
023 9279 4340 / [www.adviceportsmouth.org.uk](http://www.adviceportsmouth.org.uk)

#### Central Library Portsmouth

023 9281 9311 / [libraries@portsmouthcc.gov.uk](mailto:libraries@portsmouthcc.gov.uk)

# SLEEP, STRESS AND **YOU**

## AN INFORMATION GUIDE

**ONE YOU** PORTSMOUTH

## HOW MUCH SLEEP DO YOU NEED?

Most of us need around eight hours of good-quality sleep a night to function properly – but some need more and some less. What matters is that you find out how much sleep you need and then try to achieve it.

Good-quality sleep is more important than the amount of sleep that you get and it helps to keep you feeling healthy.

### How much sleep do you really need?

Who	Age	Sleep need
Newborns	0–2 months	12–18 hours
Infants	3–11 months	14–15 hours
Toddlers	1–3 years	12–14 hours
Preschoolers	3–5 years	11–13 hours
School-age children	5–10 years	10–11 hours
Teens	10–17 years	8.5–9.25 hours
Adults		7–9 hours

## ARE YOU FEELING STRESSED?

If the answer is yes, you're not alone. Stress is the feeling of being under too much mental or emotional pressure, and pressure turns into stress when you feel unable to cope.

A bit of stress is normal and can help push you to do something new or difficult, but too much stress can take its toll.

Lots of things can cause stress, including work, relationships and money problems. Stress can affect how you feel, think, behave and how your body works – from how well you sleep to your immune system.

## STRESS AND SLEEP

Your mood and how well you sleep affect each other. Feeling stressed can mean you don't sleep well enough, and if you don't sleep well enough this may make you feel more stressed.



## SLEEP TIPS

- **Set** a specific time for getting up each day
- **Take daily exercise** such as 30 minutes walking. It's free and a great way to relax
- **Avoid** stimulants like drinking alcohol and smoking just before bedtime
- **Create** a relaxing bedtime routine such as having a bath, a hot milky drink or listening to relaxing music
- **Try** not to eat a large meal before bedtime and avoid food or drinks containing caffeine a few hours before, as these can keep you awake e.g. tea, coffee, cola, energy drinks and chocolate.
- **Try** the self-help methods above before approaching your GP for medication as sleeping tablets will not resolve underlying problems

The Wellbeing Service can help you to make lifestyle changes to improve your physical and emotional health.

## STRESS BUSTER TIPS

- **Be Active** – exercise will help reduce some of the emotional intensity
- **Take** a break and pause – relaxation is important, do something nice for yourself – you are important
- **Say no** – it's ok to say no sometimes, try not to let others expect too much of you
- **Avoid** unhealthy habits – try not to rely on alcohol, tobacco or caffeine as ways of coping
- **Take** up a hobby or interest, or maybe look at volunteering opportunities, as you can make new friends and do something different ([www.volunteer.portsmouth.gov.uk](http://www.volunteer.portsmouth.gov.uk))
- **Accept** the things you cannot change, concentrate on the things you do have control over

