

ADVISE ON HOW TO SLEEP BETTER

- Some of the medicines you are taking might make you feel sleepy during the day and can interfere with your daily routine.
- Check with your doctor and community health worker if you can have all the medicines before going to bed at night- this can make you feel less sleepy in the daytime.
- You can also try to have the medicines about an hour earlier at night so that you wake up in the morning feeling fresh.
- In case all of these are not useful, check with your doctor and community health worker if the medicines can be changed to something that does not make you feel so sleepy.
- In general, keep to regular hours for going to bed and waking, if you sleep at 10:00 in the night and wake up at 6:00 in the morning, try to keep to the same timing everyday.
- Finish any toilet needs just before sleeping.
- If you cannot fall asleep do not lie in bed. You should get out of bed; try out some activity (e.g. reading a book or the news paper, listening to some soft music, etc) and then get back to bed when feeling really sleepy.
- Have a warm water bath before going to bed in order to relax.
- Practice breathing technique or relaxation exercises if you cannot get to sleep easily