

Groundswell

Out of homelessness



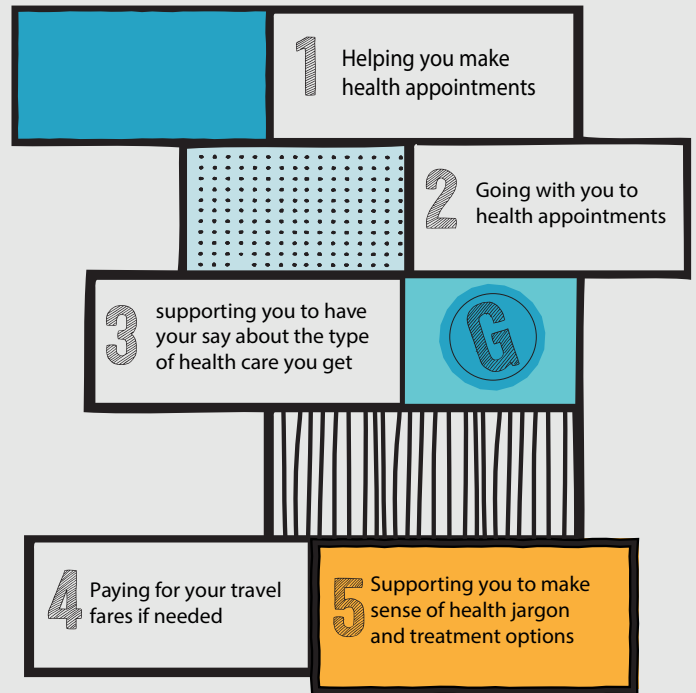
Action update

Sleep

Trust for London
Tackling poverty and inequality

Need help to see a doctor or dentist in London?

Health Peer Advocates will help you get your health problems sorted by:



Health Peer Advocates all have personal experience of homelessness and have been trained by Groundswell.

Call us to see if we work in your area.

@ItsGroundswell 020 7725 2851 ItsGroundswell
 info@groundswell.org.uk

What is an Action update?

At Groundswell we support people that are experiencing homelessness to attend over 3000 Health appointments a year. Each month our Action Update highlights a topic which people told us is important to them and offers practical advice around that issue.

Key facts about sleep....

1 Sleeping well is important for your health and wellbeing.

2 Sleep issues can affect everyone and there are many factors that can cause them.

3 Living in a hostel can have a negative impact on your ability to sleep well.

4 You can get professional help. There are things you can do to help yourself.

What we heard and saw....

We spoke to our Peer Advocates and clients this is what they told us:

“ My room is really hot; I’m used to the cold, so find it hard to stay asleep ”

“ I used to drink 15 cups of coffee a day, and could never sleep. I’ve cut down now, and my sleep is much better ”

“ My neighbour keeps waking me with his music. I’m always tired and angry ”

Trust for London
Tackling poverty and inequality

Over 30% of the population suffers with poor sleep, insomnia or another sleep issue.

Poor sleep and lack of sleep can have a major impact on mental wellbeing and our day to day lives, affecting our ability to manage relationships, mood and concentration. Continued poor sleep can increase the risk of developing 'a mental illness' such as depression and anxiety.

What can cause sleep issues?

Poor Sleep can be caused by many things. Stress and worries, Drugs, Alcohol and too much coffee or caffeinated drinks can affect how we sleep.

Sometimes our lack of sleep may be caused by noise disturbances, anti social behaviours or lack of a bed time routine.



Hostel living

Living in temporary, shared or supported accommodation can also impact on your sleep. You may have a very small and cluttered room, feel unsafe or unable to relax, and have lots of noise disturbance throughout the night.

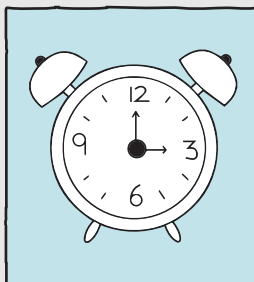
In some cases you may be trying to adjust to sleeping indoors and struggling with the temperature of your room or an uncomfortable mattress.

Top tips for sleeping well

If you are having difficulty sleeping and feel that its becoming a problem, you should visit your GP as there could be an underlying health problem. There are things that you can do yourself to improve your sleep:

Drink less caffeine.

Try to drink less coffee and energy drinks during the day. Try alternatives such as hot chocolate, Ovaltine or caffeine free drinks in the evening .

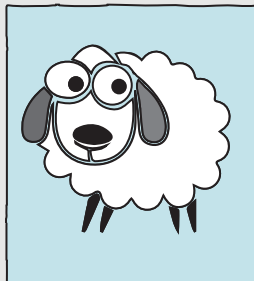


Develop a routine around sleep.

Try and go to bed at the same time each night and avoid napping during the day.

Reduce your drug and alcohol use.

Particularly in the evenings and try to avoid using drugs or alcohol to assist with sleeping.



Encourage quiet in your accommodation.

If you are living in a hostel or supported accommodation, speak with staff about making the building a quiet place in the evenings.

Ask staff to encourage other residents to be quieter in the evenings.

Staff may also take practical steps like adjusting door closers to stop them slamming and making your room more comfortable for sleeping, by replacing worn mattresses, pillows and duvets.



info@groundswell.org.uk



ItsGroundswell



@ItsGroundswell



020 7725 2851



Trust for London

Tackling poverty and inequality