Leaflet 8
Getting enough sleep

Getting enough sleep is good for your mental health.

Sleeping for eight hours every night is good.

Things that help you to have a good night's sleep are:

- going to bed at the same time every night
- getting up at the same time every morning
- doing some exercise in the daytime
- doing something relaxing in the evening, like having a bath.

Things that you should not do:

- sleeping in the daytime
- drinking tea, coffee or cola in the evening (these drinks will keep you awake)

- eating a large meal before you go to bed.

If you are having trouble getting to sleep, see your GP.