



EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health
Occupational Physiotherapy
Employee Wellbeing

Sleep



Sleep problems are very common and can impact your mental health. Below are resources for improving sleep hygiene:

The [Centre for Clinical Interventions](#) provides information on sleep hygiene and a sleep diary to help you to better manage your sleep.

Silvercloud is an online CBT service that is currently free to access for NHS staff. You can [access several CBT programmes, including 'Space for sleep' here](#).

This [NHS webpage 'How to get to sleep'](#) provides practical advice on sleeping problems.

NHS staff have been given free access to a number of **wellbeing apps**, such as 'Headspace' and 'Calm' which can help with sleeping problems. [Find out about the apps you can access here, and here](#).