



# Employee Health and Wellbeing

## Sleep Awareness

March 2022

Sleep awareness week is a national public education campaign launched by the National Sleep Foundation in 1998. This month, we're moving out of the darker days brought to us by winter, and the clocks will soon be moving forward, which are both things that can impact the quality of our sleep. Even mild sleep problems can affect your wellbeing and quality of life. In light of this, one of this month's wellbeing workshops will be a Sleep session. Find out more below.

### Sleep resources

The [Centre for Clinical Interventions](#) provides free, accessible information sheets and worksheets for sleep, improving sleep hygiene, insomnia and nightmares.

The [NHS website](#) provides information on the effects of tiredness and fatigue and how to get to sleep.

[Free access to a range of mental health apps has been made available for NHS staff here.](#) One of the apps included is Headspace, which provides sleep casts, music and other unique audio experiences to create the conditions for a more restful night's sleep.

[Silvercloud](#) provides an online CBT-based interactive course for NHS staff, with topics including sleep and stress.

# March Wellbeing Workshops

## Introduction to Assertiveness Workshop

9.30am - 11.30am  
Wednesday 16 February



## Question and Answer Session for Managers

9.30am - 10.30am  
Wednesday 23 March



## Menopause Café

1pm - 2pm  
Wednesday 23 March



## Sleep information session

1pm - 2pm  
Friday 25 March



## Tips for improving sleep

1. Keep a regular sleep routine.
2. Get regular exercise and exposure to outdoor lights during the day.
3. Make sure your bedroom and bed are set up for sleep, e.g., pillows, mattress, temperature, light, noise, etc.
4. Only use for bedroom for sleep and intimacy.
5. Practice a wind down routine before going to sleep, e.g., relaxation or progressive muscle relaxation.
6. Pay attention to what you eat and drink; limit caffeine intake, keep a balanced diet. Try to time your meals so that you're not hungry or full at bedtime.
7. Manage your worries, e.g., jotting them down before bedtime or using guided meditation.



Find more tips on improving your sleep in the [sleep tips leaflet on our webpages](#).

## **Further support for everyone**

Contact the Employee Wellbeing Service on 02921 844465 or email [employee.wellbeing@wales.nhs.uk](mailto:employee.wellbeing@wales.nhs.uk). We are now also offering video appointments through Attend Anywhere.

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**Health for Health Professionals Wales** are providing free mental health support to all Health Professionals and Healthcare Students working in NHS Wales.

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Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

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C.A.L.L is a mental health helpline, offering a confidential listening service. The service is open 24 hours a day, 365 days year. You can call 0800 132 737 or text help to 81066.

## **Coming up in April**

April is Stress Awareness Month. The month's theme will be based around stress awareness, and will include tips and sources of support for managing stress.

We will also be running a stress management session on Wednesday the 20th of April. For more information, read next month's issue.



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