



# There are different reasons for sleep problems .....



## 1. Stress or worry

It can be hard to sleep if you are stressed. Your head might be full of worried thoughts



## 2. Your bedroom

It can be hard to sleep if your bedroom is:

- Too light
- Too hot or cold
- Too noisy



## 3. Food and drink

Drinks which have caffeine in them will make it harder to sleep.



Some food can make it harder to sleep if you have it before bedtime. Like meat, cheese and curries.



## 4. Routine

Not going to bed at the same time each night can make it hard to get to sleep.

## 5. Pain

Being in pain can keep you awake.



## 6. Bladder problems

Needing to go to the toilet during the night can keep you awake.



## 7. Not getting enough exercise

Exercise can help you sleep.

