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Corner

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# Sleep Top Tips

## Your Guide to a Better Night's Rest



Struggling to get a good night's sleep can affect your physical and mental wellbeing. Sleep is vital for our overall health, yet many of us find it elusive. Here's why sleep matters and some practical tips to help you improve your sleep hygiene for a better night's rest.

### **Why do we sleep?**

While the exact reasons for sleep remain a mystery, it's clear that sleep is crucial for survival. It restores the body, regulates mood, and boosts essential functions such as memory, immune response, and reaction times.

Investing in quality sleep is investing in your overall health.

Let's explore some simple, actionable tips to help you get a good night's rest.



## 1) Switch to an alarm clock and remove your phone from the bedroom

Good sleep hygiene starts with reducing screen time, especially before bed. The blue light emitted by phones, TVs, and other devices can interfere with your body's natural sleep cycle by suppressing melatonin, the hormone that makes you feel sleepy.

Here's how to improve your sleep environment:

- **Avoid screens at least an hour before bed.**
- **Replace your phone with a traditional alarm clock to resist the temptation of late-night scrolling.**
- **Keep your bedroom dark and quiet to encourage better rest.**

## 2) Keep a sleep diary

Tracking your sleep patterns can help identify habits or triggers that affect your rest. Keep a diary for at least two weeks, noting:

- **What time you went to bed and woke up.**
- **What you ate, drank, or did before bedtime.**
- **How long it took to fall asleep and any nighttime awakenings.**
- **How you felt in the morning.**

By comparing your daily activities with your sleep quality, you can make meaningful changes to improve your rest.



### 3) Watch your alcohol and caffeine intake

What you consume plays a significant role in how well you sleep:

- **Alcohol:** Drinking before bed can lead to poor-quality, fragmented sleep as your body metabolises the alcohol during the night.
- **Caffeine:** While some people tolerate caffeine late in the day, others find it disrupts their ability to fall asleep. If you're sensitive, avoid caffeinated drinks after midday and opt for herbal teas instead.



### 3) Speak to a clinician about persistent sleep issues

If your sleeplessness is caused by underlying conditions such as anxiety, stress, thyroid problems, or chronic pain, it's important to seek professional advice.

With Doctor Care Anywhere, you can access private GP appointments online, 24/7. Our clinicians can help diagnose sleep disorders and recommend effective treatments, such as medication or therapy, to support your physical and mental wellbeing.

### Why Sleep Matters More Than Ever

*A good night's sleep is essential for maintaining energy, focus, and overall health. By following these tips and seeking support when needed, you can take proactive steps to improve your sleep quality.*

# How can Doctor Care Anywhere help



## **24/7 GP and ACP Appointments**

- Same-day virtual consultations.
- Instant access to medical advice, prescriptions, and fit notes.
- Available anytime, from home, the office, or on the go.



## **Mental Health Services**

- Confidential sessions with mental health practitioners.
- Early intervention for anxiety, stress, and low mood.
- Assessment, treatment and support, including access to therapy and digital health tools.



## **Tailored Physiotherapy Support**

- Virtual assessments and recovery plans for musculoskeletal concerns.
- Clinician-led support for pain, injuries, and posture-related issues.
- Expert assessment, diagnosis and treatment plans to aid recovery and prevent long-term issues.



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