

SELF HELP

SLEEPING DISORDERS

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For adults 7-9 hours sleep is recommended while for teenager 8-10 hours.

Sleeping disorders are group of conditions that affect the ability to sleep well on a regular basis. Sleeping disorders can be caused by many factors, such as; ageing, medical reasons, stress, anxiety, worry, bereavement, disrupted sleep routine and surroundings.

How to create self help plan

- Finding out the possible cause of your sleeping problem and try look for solution.
- Adopting good sleep habits by
 1. Trying not to worry about sleep
 2. Avoiding food or drinks that will reduce the quality of sleep
 3. Avoiding cigarette and alcohol
 4. Avoiding drugs that affect sleep
 5. Sleep in a conducive surrounding
 6. Avoid the use of electronic device in the hour before bedtime.
 7. Get up from the bed if you have not fallen asleep within 20 minutes
 8. Gradually increase your daytime activity and exercise, but don't exercise close to bedtime.

*For further information, please visit
www.greyinsights.org*



Our Client Liaison Officers are waiting to help, book your
appointments / sessions now by calling our hotlines:

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