Video transcript of our animated video, Tips for Better Sleep

Everyone needs sleep, but many of us have problems with it. Things like stress, work patterns, your sleeping area and health conditions can make it hard to get regular and quality rest. Getting into a sleep routine can help you to stay on top of university life. This could be the times you go to sleep and wake up, or the things you do before you go to bed. Different things will work for different people, at different times, but here are some suggestions you can try.

Relaxation. Relaxation routines can be a soothing way to get ready for sleep, like listening to music or reading a book. And some people find it helps to try meditation techniques, like mindfulness and breathing exercises. You could also try muscle relaxation exercises where you consciously tense and relax your muscles, one after the other starting with your toes and working up your body until you reach the top of your head.

Sleep diary. You might find it useful to take notice of your sleeping habits by keeping a diary next to your bed. This can be a really helpful way to understand why you're struggling to sleep. You can also find a template on the NHS Live Well website. And if you want to, you could show your sleep diary to a healthcare professional to explain what problems you're having.

Your sleeping area. If you're staying in halls or shared accommodation, you might not have much control over your sleeping area, but there still might be some small changes you can make. Try different temperatures, light and noise levels to see what works for you. Lots of people find cool, dark and quiet environments best, but everyone's different.

Screens. Using screens in the evening can negatively affect your sleep. You could try cutting down or avoiding screen time before bed and staying away from stimulating activities, such as games. Some people find that blue light filters, dimming the screen, or enabling dark mode on your device can help. As well as setting it to silent, aeroplane mode, or do not disturb.

Support for connected issues. Sleep can be impacted by other issues such as stress, money worries, problems with mental health, or drugs and alcohol. Getting support for these things from your student support team or your GP could also help to improve your sleep, giving you rest and peace of mind.