

Exploring the cause of sleep issues

If you continue experiencing sleep issues we recommend further exploring what may be causing this.

Try to resolve stresses and worries

Try to identify anything in your life that's causing you stress or worry that might be affecting your sleep. You may find it helpful to talk to a friend about the thoughts and feelings that affect your sleep, or write them down.

"I found meditation and writing down my feelings in a little notebook before I settled down for bed really helped."

Once you've identified what's causing your sleep problem, there may be practical measures you can take to address the problem – such as finding ways to manage anxiety or talking to your employer about reducing your workload.

Check for a physical cause

Pain, illness or other physical problems can disturb your sleep.

Contact your GP to investigate potential causes and get help with treating them. It may be helpful to talk to your GP about any medication you take as some prescription medicines can affect your sleep. Certain vitamin deficiencies have also been linked to sleep issues, so it might be worth speaking to your doctor if you're concerned you have a vitamin deficiency.

Further support

You don't have to deal with sleep problems all by yourself. You might want to talk to your doctor about what you're experiencing and the treatment options that might be available. For example, Cognitive Behavioural Therapy for insomnia may help identify thoughts, feelings, and behaviours that are contributing to the symptoms of insomnia. Counselling may help put things back into perspective while encouraging realistic achievable goals and an acceptance of the parts of life that might be uncontrollable.

You might want to talk to your doctor about medication that could be helpful in dealing with short periods of severe insomnia, as they may help you break a cycle of not sleeping and help you return to a more regular sleep pattern.

Further Support and Signposting Information

Websites and App's

[Insight Timer \(www.insighttimer.com\)](http://www.insighttimer.com)

This free app and website has over 12,000 meditations available from around the world, including many that focus on supporting sleep.

[Pzizz \(www.pzizz.com\)](http://www.pzizz.com)

This wonderful app uses a mix of voiceovers, sound effects and calming music designed using the latest clinical research to help you sleep better at night.

[Sleepo \(www.sleepo.com\)](http://www.sleepo.com)

In this app you can choose from nature sounds, instruments, rain or white noise, and they can be mixed to create the perfect atmosphere to help send you to sleep.

Therapeutic Services

[Noahs Ark Centre \(www.noahsarkcentre.org.uk\)](http://www.noahsarkcentre.org.uk)

You can make enquiries by email, but please note they take referrals into their service by phone, so if you email them please include a phone number.

Telephone: 01422 300457

Email: counselling@noahsarkcentre.org.uk

[Vitamins Calderdale](http://www.vitaminds.org.uk)

You can refer yourself to this service without a referral from your GP.

Telephone: 0333 0153 494

Email: iapt.calderdale@nhs.net