

Week 4: Sleep

Reflection: What changes have you noticed since you quit smoking? List any symptoms and talk about them with your practitioner:

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Nicotine in cigarettes is known as a stimulant and can affect something known as a neurotransmitters which transport signals in the brain. Tobacco and nicotine can cause the frequency of these signals to increase potentially impacting the ability to fall asleep.

Research shows that current smokers:

- Nicotine can also affect your airways impact your breathing while sleeping. As a consequence, you may not have good night's sleep.
- Have fragmented sleep that leads to insomnia Take slightly longer to fall asleep (called the sleep latency)
- Sleep less
- Have less deep sleep (called slow-wave sleep)
- Experience more sleep disruptions
- Frequently complain about difficulty falling or staying asleep
- Sleep disturbance is a recognised symptom of nicotine withdrawal but don't worry this is only temporary and for most people will usually last less than 4 weeks.





How to improve your sleep:

Getting enough sleep is important for everyone. Adults should try to sleep between 7 to 9 hours every night. Here are some tips to help you sleep better:

1. **Set a Sleep Routine:** Try to go to bed and wake up at the same time every day, even on weekends.
2. **Exercise:** Being active during the day can help you fall asleep more easily at night.
3. **Food and Drink:** Try not to have too much caffeine or sugary foods, especially close to bedtime.
4. **Relax Before Bed:** Do calming activities like stretching, reading, or meditating to help your body get ready to sleep.
5. **Screen Free Bedtime:** Before you go to bed, turn off your phones, tablets, and computers. The light from these devices can make it hard to fall asleep.
6. **Make Your Room Comfortable:** Keep your bedroom at a comfortable temperature and make sure it's dark enough for sleeping.
7. **Limit Alcohol:** Try not to drink alcohol before going to bed as it can affect your sleep.

Top Tip for relaxing - Think of a word like BED , think of as many words that start with the letter b and then slowly you will become more tired, if your still away and have ran out of words think of the letter e and so on

Meditation: This is a simple way to relax. You can sit in a comfortable spot and breathe deeply to calm your mind and body. If you're not sure how to start, ask someone who knows about meditation to teach you.



Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	