

Are you getting enough sleep?



Research has shown that 44% of police officers, and 28% of police staff in the UK don't get enough sleep. Use the checklist on this page to see if you fall into this category, and then to see what you can do about it!

Visit the Oscar Kilo website to download other guides in our Better Sleep toolkit: www.oscarkilo.org.uk/family-life

How many of these statements sound familiar to you?

- I rely on an alarm to wake up in the morning
- On weekdays I hit the snooze button before I can drag myself out of bed
- I need a lie-in at the weekend to catch up on sleep
- I seem to catch more colds than most people, and when I do, they linger
- I need caffeine to get going, or make it through the day
- I snap or lose my temper for no real reason, and later regret it
- I often forget where I've left my keys, wallet or phone
- I fall asleep on the sofa after dinner
- I've been known to doze during long meetings, films or conference calls
- I often fall asleep within five minutes of getting into bed
- I have dark circles under my eyes
- I feel like a different person after a good night's sleep
- I can't remember the first item on this list!

If four or more of these statements are true for you... there's **good news**, and **bad news**.

The **bad news**? It sounds as though you might be sleep deprived. But you probably knew that already.

The **good news** is that protecting a little more time for good quality sleep could help you to feel better, worry less, look good and improve your productivity.

If you're not sure how much sleep you need, next time you have a few days off or wrap-around support for your caring responsibilities, try and get into bed when you're sleepy, and ditch the alarm clock.

Once you've paid back your sleep debt, you should settle into a natural sleep window. Keep a diary to see how the amount of sleep you're getting influences your mood the next day.

