

Sleep Well Programme



A Patient's Guide

PART 6

Getting Help and Support

You don't have to struggle with sleep alone.

When to Get Help for Your Sleep

Speak to your GP if:

- ☺ You feel tired most days
- ☺ Your sleep affects your daily life
- ☺ You snore loudly or stop breathing
- ☺ You have tried self-help without success

We can help with:

- ☺ Advice and personalised support
- ☺ Checking for underlying causes
- ☺ Referrals for specialist support if needed

Seek urgent review if:

- ☹ You fall asleep while driving or working
- ☹ Someone notices you stop breathing frequently
- ☹ You have severe daytime sleepiness affecting safety

How you can access help:

- ☺ SMS or online support
- ☺ Telephone consultation
- ☺ Face-to-face appointment

Good news:

- ☺ Many sleep problems can be improved
- ☺ Support is available

Take home message

Asking for help is the first step to better sleep and better health.

