Lack of Sleep Affecting Your Wellbeing

Rest assured, with the right approach you’ll be able to relax sooner than you think.

The average person spends up to seven hours every night, asleep. That’s a whopping 2500 hours a year spent in ‘in the land of nod’.

Sleep is fundamental to a person’s health. Waking up feeling revitalised and well rested is an experience we all enjoy. Yet if you are managing incontinence, the reality can be a little different.

If you are managing incontinence here are some steps that you can take to make achieving a good night’s sleep easier.

It’s all about establishing a good routine:

Choose the correct product
Size, comfort and absorbency are equally important. The right product should fit properly, allow your skin to breath and hold urine away from your body to prevent infection.

Stick to a regular schedule
Try to get up at the same time every morning, even on weekends. Catch- up sleep can hinder your routine and cause you to wake up during the week.

Minimise excessive liquids before bedtime
Tea, coffee and soft drinks not only make it harder to sleep, but increase night-time trips to the bathroom.

Go to the toilet just before you go to bed
Good habits will help you get closer to achieving quality sleeping pat- terns and reduce the chance of unnecessary pad changes.

Try to relax
Do something to unwind like reading a book. Mind racing? Have a pad and pen close by and write down your thoughts before you go to sleep – you’ll be surprised at the difference it can make.

Everyone deserves a comfortable night’s sleep. The right continence care not only has a positive effect on your physical wellbeing, it can make a world of difference to your everyday life as well. After all, that’s what it’s all about!

This information on sleep and continence care is proudly brought to you by TENA.