



In this month's newsletter:

Going smoke-free

Importance of sleep

What will happen when you quit smoking?

Quitting smoking is one of the most beneficial things you can do to improve your overall health and wellbeing.

By putting your cigarette out and resisting the urge to pick one up again, you will allow your lungs to repair and almost immediately experience a number of other benefits too.

After 20 minutes

Your pulse rate and blood pressure will already be starting to return to normal.

After 8 hours

The equivalent of a day at work, the harmful amount of carbon monoxide in your bloodstream will reduce by half and your oxygen levels will begin to return to normal.

It's likely you will already be experiencing some cravings at this point and may be questioning whether you are able to quit, but these cravings typically go away within 5-10 minutes so just try to distract yourself. Chewing gum or sipping on water are excellent ways to keep yourself occupied until the cravings go away.

After 12 hours

Your carbon monoxide level will be back to normal, and your heart will no longer have to work so hard to pump oxygen through your body.

After 24 hours

You will have significantly reduced your chance of having a heart attack.

After 48 hours

Your nerve endings will have started to heal, sharpening your senses of taste and smell, why not treat yourself to your favourite meal to celebrate? Your body will also start to do some cleaning up as your lungs get rid of mucus and other gunk left from cigarettes and you won't have any nicotine left in your body.

Typically, this is also the time where your withdrawal symptoms are at their toughest. Feelings of dizziness, tiredness, anxiousness, and hunger are common.

After 3 days

You should have a lot more energy and be able to breathe easier as your lungs begin to recover.

After 2-12 weeks

Your blood flow will have improved, and your lungs will be much clearer and stronger. During this time your risk of a heart attack will also continue to decline.

After 3-9 months

You'll have even more energy and be able to take deeper and clearer breaths.

After 1 year

It's time to really celebrate your success. You've demonstrated excellent self-control and commitment and now your risk of heart disease will have halved!

The benefits of quitting smoking won't just stop after the first year, your health will continue to improve and your risk of developing a number of illnesses will reduce as time goes on.

For more information and support on quitting visit [NHS Quit Smoking](https://www.nhs.uk/quit-smoking).

5 Tips to Help You Fall Asleep Faster

Did you know that around **1 in 5** people in the UK are not getting the required amount of sleep? Sleep is extremely important to your overall wellbeing, as it allows your brain and body to repair, restore, and reenergize, so going without the recommended 7 to 9 hours can be detrimental to your health. If you've been struggling to drift off, here are 5 simple things you can do to help you get to sleep faster:

1) Take care of yourself.

When your overall wellbeing improves, getting to sleep becomes easier, so try spending time outside, exercising gently as often as you can, and consider what types of food you are eating in the run up to bedtime.

2) Let yourself relax and wind down.

This is the time to manage any worries that might keep you from dozing off. You could take a bath, meditate, practise breathing exercises, or simply even write a to-do list for the next morning. Calming your anxieties and shutting your mind off are essential to getting a better night's sleep.

3) Create a cosy sleeping environment.

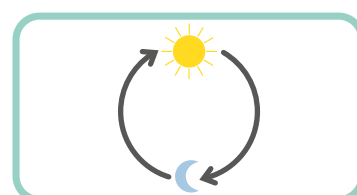
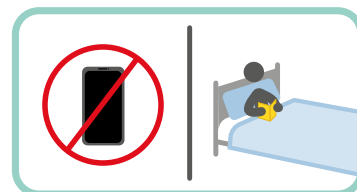
There is no such thing as the perfect sleeping environment as everyone is different, so test out a variety of noise, light, and temperature levels and see what works best for you.

4) Put that device down!

It is recommended that you avoid screens for an hour or two before you go to bed, stimulating activities such as playing games on your phone can keep you up all night. If you need help resisting the urge to pick your device back up, you can adjust your settings to do not disturb mode.

5) Set up a sleep schedule and stick to it.

Waking up and going to bed around the same time everyday will really help you to get a better night's sleep.



If these steps don't work and you are seriously struggling with your sleep, Mind have an excellent list of useful contacts and organisations that can help you.