

We are all aware of the paramount importance of a good night's sleep. Sleep is critical for physical health, maintaining an effective immune system and helping us to fight off disease and remain well. Sleep is also critical for mental health and our ability to beat stress, depression and anxiety.

For almost a year, the Daily Hope free telephone phone line, launched by the Church of England, Faith in Later Life and Connections @ Holy Trinity Church in Claygate, has been reaching out and helping to support older people, providing them with hope and comfort.

Adding the option 'Sleep Well with Daily Hope', individuals can now receive a relaxing and accessible guide to getting a good night's sleep. In addition to improving their mental, emotional and physical health, research has also shown a strong correlation between a good night's sleep and effective vaccination.

Therefore, this small step could truly make a big difference to the lives of the older generation and should be a huge success, just as the other options on the Daily Hope have been.

This new content has been written by Daily Hope's co-founder Pippa Cramer, a qualified Occupational Therapist and founder of Connections @ Holy Trinity Church in Claygate in the Diocese of Guildford. Consisting of a 4-part series, which can be listened to on loop, Pippa shares helpful tips and Bible readings to reflect on and encourage sleep.

It is hoped that this new material will benefit younger callers, as well as those of older age.

This new material has been endorsed by Author and broadcaster on wellbeing, Rosemary Conley CBE, who is passionate about seeing people getting a good night's sleep.

Conley said "It is great that the Daily Hope telephone line is promoting positive wellbeing to its callers. The benefits of a good night's sleep are enormous at any time, but during this Covid-19 pandemic many, particularly older people, find themselves struggling. I think it is excellent that the Daily Hope telephone line has been extended to include new material relating to sleep. I am sure it will bring help and comfort to many during this challenging time."

Pippa Cramer, Pastoral Care and Seniors Minister, Holy Trinity Church, Claygate added: "There is a Covid-19 sleep crisis. But, whilst there are many online resources to alleviate stress and help sleep, these are not available to the 2.5 million over 75's who do not access the internet. My hope and prayer is that 'Sleep Well with Daily Hope', which is available on 0800 804 8044, will make a real difference for this vulnerable and isolated part of our community."

Source URL: <https://www.churchofengland.org/resources/coronavirus-covid-19-guidance/sleep-well-dailyhope>