

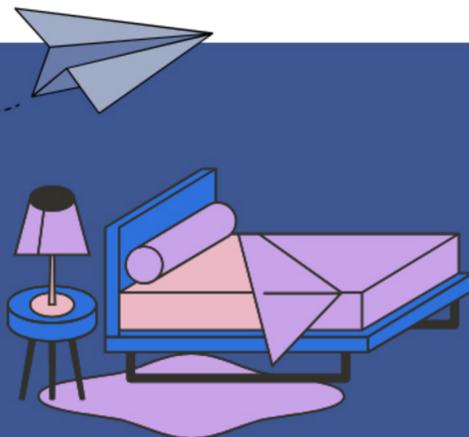
SLEEP HACKS

ROUTINE

Having a bedtime routine can be really helpful to us. It allows our body to get into a rhythm which makes getting to sleep easier.

Get creative, design yourself a chilled and relaxing routine for the evening. Here are some ideas to get you started.

- Skin care routine
- Drawing/being creative
- Reading / journaling
- Stretching / yoga
- Building with Lego
- Listening to music or audio books



SLEEP SPACE

Your sleep environment is important. Here are some top tips to ensure that your room will help you to get some quality sleep.

- **Keep it clean!** A tidy space can help you relax.
- **Keep it cool!** The ideal temperature for sleep is between 16 - 18 degrees.
- **Keep it dark!** Darkness helps us to feel sleepy. If you need some light in your room try to use a light with a soft glow.
- **Keep it quiet!** A quiet environment can really help but if you do struggling to sleep in silence or there are sounds that you can't control, relaxing music or white noise can be useful.

SWAPS

ULTRA PROCESSED FOODS AND THOSE HIGH IN SUGAR



LOW SUGAR CEREAL, FRUIT OR CHEESE

ON YOUR PHONE, TABLET OR GAMING JUST BEFORE BED



LISTEN TO MUSIC, DRAW OR READ

CAFFINE, ENERGY DRINKS AND FIZZY DRINKS



WATER, MILK OR HERBAL TEA

SCREENS!

Screens can really get in the way of sleep! They emit a blue light that prevents the production of melatonin (the hormone that makes us sleepy). They are also showing us stimulating content which means that we can spend hours scrolling and not even realise it.

Ever picked up your phone at 9pm and then found that the next time you look at the time it is 1am? Where did that time go? Ideally, try to have a screen free hour before going to sleep.

TO NAP OR NOT TO NAP? THAT IS THE QUESTION!

Napping can really impact your body's natural sleep cycle making it harder to fall asleep at night. Whilst it may be tempting to crash out after a long day at school, you could end up in a negative sleep cycle causing you to feel even more tired! Try a walk, stretching or a snack to re-energise instead. Napping for more than 20 minutes is enough to impact your sleep cycle.

WHAT ELSE MIGHT HELP?

If things are feeling overwhelming or you need support reach out and talk to someone

Our worries can stop us from sleeping, writing these down, talking to a trusted adult or contacting a helpline can be useful. If you feel that your sleep isn't improving speak to the School Nurse or your doctor.

The Teen Sleep Hub website has lots more information, check it out at www.teensleephub.org.uk

You charge your phone each night, why not your brain?