











Sleep Hygiene

It's World Sleep Day!

Sleep is essential for our mental, emotional and physical wellbeing. It's a time for growth, processing emotions through the day and helping our muscles to recover so we are able to function well. However, sometimes it is hard to fall asleep easily. In celebration of World Sleep Day, here are some top tips to help improve your sleep.

Tips for Better Sleep:

 Things we should avoid	 Things that will help our sleep
 <p>The blue light emitted from our phones stops melatonin (a hormone that makes us feel drowsy) being released. Have a screen-free time of around one hour before bed.</p>	<p>Keeping a good daily routine by waking at the same time, eating at the same time and going to bed at the same time helps regulate our sleep cycle. Don't eat a big meal close to bedtime, have a light snack instead.</p> 
 <p>Avoid naps of over 30 minutes. When we wake up in a morning our sleep-wake cycle is already getting us ready for sleep. If we sleep during the day we won't need as much sleep at night as our biological clock is disrupted.</p>	<p>Writing down your worries can make them feel easier to deal with. Talking about them to someone you trust can help put things into perspective so you have less to think about at night.</p> 
 <p>Avoid completing work or revision on your bed; this makes our brains associate our bed with worrying which will make it harder for us to switch off.</p>	<p>Try relaxation activities before you go to bed: have a warm bath, read a book, listen to ASMR, try progressive muscle relaxation or mindfulness breathing techniques.</p> 

For further tips and support, visit:

- Teen Sleep Hub - www.teensleephub.org.uk
- The Children's Sleep Charity - www.thechildrenssleepcharity.org.uk