

Developing A New Sleep Habit

Teens

- Remember sleep is important, it helps you to look your best, feel better and perform better in your studies.
- It is important to have a regular going to sleep time and a regular wake up time to strengthen your body clock, even at weekends!
- Stop all screen activities an hour before bedtime eg TV, computers, mobile phones otherwise you may not produce enough of the sleep hormone melatonin to help you to nod off.
- Have a snack before bed that is sugar free. Something like porridge, fromagefrais or toast are all good sleep inducing foods.
- Avoid caffeine after 4pm, remember it is in hot chocolate too!
- One hour before you want to go to sleep make sure you close the curtains and dim the lights, this helps your body to release the sleep hormone.
- Hand eye co-ordination activities can help you to relax and drift off – drawing, craft activities or model making are all ideal.
- You may find it helpful to have a bath 30 minutes before you want to go to sleep.
- In the morning open your curtains and if possible get outside into the natural daylight, it helps to strengthen your body clock.



www.thechildrenssleepcharity.org.uk