

Sleep hygiene for adolescents

What is sleep hygiene?

'Sleep hygiene' is used to describe good sleeping habits.

Many of us don't pay attention to our sleeping habits but they are **essential**.

A good night's sleep can **improve** a person's **mood, memory and health**.

Helpful tips to improve your sleep

1. Your personal sleep habits

Go to bed and wake up at the same every day (even at the weekends).

Avoid napping during the day

If you must nap, limit the time to 20-30 minutes

Exercise regularly during the day **but not before bedtime**. Strenuous exercise within two hours of going to bed can interfere with your ability to fall asleep.

Avoid caffeine 4-6 hours before bed and cut back on sugary drinks

Shut off electronic screens and devices that have screens in the hour before bed

2. Creating a sleep-friendly room

Sleep on a comfortable mattress and pillow

Make sure your room is **dark, quiet comfortable and cool** to help you get to sleep more easily.

Let your body 'know' that the **bed is only for sleep and relaxation** and not a work space.



3. Getting ready for bed

Don't go to bed hungry

Try a light snack before bed such as a warm drink. Foods like bananas and kiwis may help you sleep

Develop a relaxing routine before bedtime and clam your senses

You could try bathing, music, reading, yoga, meditation, the smell of lavender.

Remember.....

If you wake up and can't get back to sleep after 15-20 minutes, get out of bed and do something calming until you feel drowsy again.

Resist the urge to grab your phone while you try to get back to sleep.

It may be helpful to **write down what is on your mind** in your sleep diary.

A sleep diary can identify what is keeping you awake.

School Wellbeing Service