



Teen
Sleep
Hub

TEEN SLEEP
MATTERS

#TEENSLEEPMATTERS

POWERED BY



DO YOU WANT TO KNOW HOW YOU CAN GET BETTER SLEEP?

We care about your sleep... and so should you! It helps you to concentrate, gives you energy and might even make you look and feel better! So here are some of our top tips to getting a better night's sleep.

ROUTINE ROUTINE ROUTINE

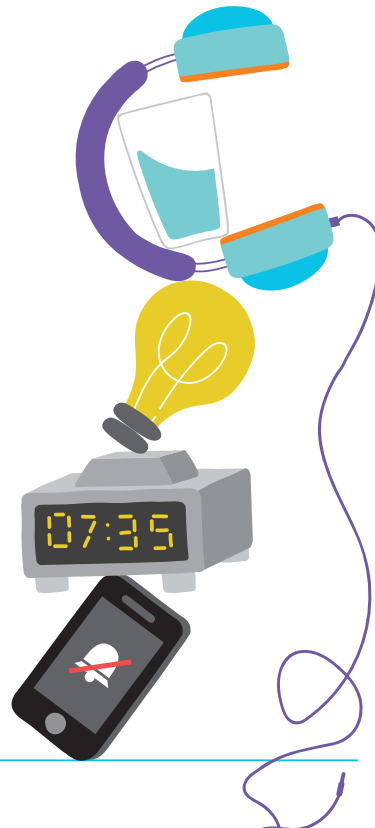
Bedtime routines aren't just for young kids! Everyone benefits from having a routine in the run up to bedtime – even your parents. Try and do the same things at around the same time each night – even at weekends – so that your body has time to prepare for relaxation and sleep.

TURN OFF THE TECH

In the hour before bed, screens should be a no go! We understand it can be hard to turn off your devices especially if you've been revising all night and want to chat to friends or even unwind with a game. But remember, the blue light does suppress melatonin and you will feel less sleepy.

TIME FOR BED

The perfect sleep environment is cool, quiet, dark and clutter free (yes, it's time to tidy away the mess!). You need a comfortable bed, a supportive pillow and nice bedding. Think about the décor and where possible, keep electronic devices out of the bedroom.



WORK IT!

Haul your bum off the bed, drag yourself away from social media and grab your trainers. Go for a run, walk or cycle. Get your family or friends involved too. Exercise is really good for sleep (not too close to bedtime) and your mental health.

EVENING MUNCHIES

Got the urge to snack? Resist the sugary snacks and instead choose a handful of almonds, a banana, oatmeal, cherries, sugar free cereal as well as anything dairy – it's a myth that cheese gives you nightmares!

CUT OUT THE CAFFEINE

Fuelling yourself with energy drinks or coffee will make it harder to nod off. Caffeine can influence how long it takes you to fall asleep, duration, and quality. It's hidden in lots of products that we might associate with bedtime, such as hot chocolate. Avoid them in the evening before you go to sleep.

LET THERE BE LIGHT!

If you need to get over that groggy, disorientated and tired feeling in a morning, get exposure to light first thing. Open your curtains as soon as you get up and if possible, get outside into the natural daylight, it helps to strengthen your body clock.

RELAXATION

Relaxation and mindfulness exercises can be really useful in looking after yourself when you're stressed and worried. Whether you do this during your bedtime routine, or once you're in bed, pick something that really helps you to feel calm and content.



LIFESTYLE SWAP SERIES

SLEEP BETTER...
MAKE THE SWAP!



CUP OF COFFEE OR A GLASS OF FIZZY DRINK

SWAP TO

HERBAL TEA OR A GLASS OF WATER

Watch what you drink: Cut back on caffeine and enjoy a herbal tea or glass of water instead. Chamomile is known for its calming effects.

PLAYING ON PHONE

SWAP TO

LISTEN TO MUSIC/READ

Turn it off: Avoid the temptation to play on your phone all night by picking up a good book to read or listening to music which allows you to naturally relax.



Did you know that making some simple lifestyle swaps can help improve your sleep? Try as many of these as you can and see how much it improves your sleep.



REVISING ON BED

SWAP TO

REVISING AT A TABLE/DESK

Sleep not study: The bed should be a place to totally relax, consider doing school work somewhere else.



BEDTIME AT 2AM?

SWAP TO

BEDTIME AT 10PM

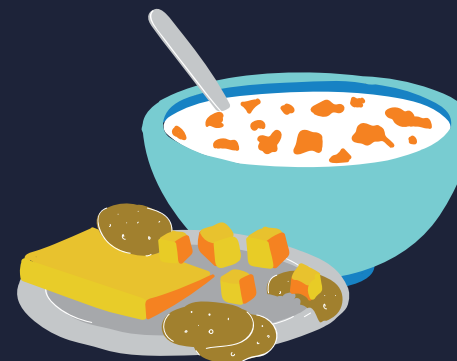
Too late: On average, young people need around 8-9 hours sleep per night. It can be difficult to fall asleep in your teenage years but try to keep a consistent bedtime routine to help.

EATING CHOCOLATE AND CRISPS IN AN EVENING

SWAP TO

BOWL OF CEREAL OR CHEESE & CRACKERS

Evening munchies: Swap the chocolate and crisps in an evening – which are full of sugar and fat – for a bowl of low-sugar cereal or some oatcakes and cheese.



SLEEP BETTER... MAKE THE SWAP!



SITTING AROUND GAMING

SWAP TO

GOING FOR A RUN/WALK/CYCLE

Move yourself: Haul your bum off the sofa and make time for 30 minutes of exercise a day. Exercise promotes good quality sleep and is great for good mental health too.



LIGHT

SWAP TO

DARK

Don't be afraid of the dark: Light interferes with, and works against, your natural body clocks. Keep your room as dark as possible.

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We have built the Teen Sleep eBook, packed with hints, tips and information on sleep. Get your free copy by visiting teensleephub.org.uk



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SLEEP DIARY: WEEK 1

NAME

AGE

START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you begin to relax before going to bed?							
What time did you get into bed?							
What time did you fall asleep?							
What did you do in between getting into bed and falling asleep?							
Did you wake up in the night? If so, what time(s)?							
What did you do while you were awake?							
What time did you fall back to sleep?							
What time did you wake up in the morning?							
Total number of hours sleep							

SLEEP DIARY: WEEK 2

NAME

AGE

START DATE:

What time did you begin to relax before going to bed?

What time did you get into bed?

What time did you fall asleep?

What did you do in between getting into bed and falling asleep?

Did you wake up in the night? If so, what time(s)?

What did you do while you were awake?

What time did you fall back to sleep?

What time did you wake up in the morning?

Total number of hours sleep

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7