

Steps to Better Sleep



Avoid watching the news before going to bed as it can make you feel worried/anxious.

Create a routine for yourself and try and keep it the same in the week.

Did you know... Blue light from your phone or tablet in the evening can stop you from feeling sleepy

Top tips for teens



- Remember to talk to someone if you are struggling.
- Try to get some fresh air and exercise each day as it can reduce stress.
- Try listening to relaxing music or taking a shower or bath before bed.
- Download a blue light filter for your phone.
- Reduce caffeine before bed (energy drinks, coffee and tea) as it is a stimulant and can affect sleep.
- Be kind to yourself, this is not normal and you are doing your best!

Having trouble sleeping?

If you're having trouble sleeping try keeping a sleep diary. It can help you recognise any sleep patterns, track your sleep cycle and figure out how much sleep you're getting.

- Keep the diary by your bed so it's on-hand to fill out in the morning and night.
- Try to write down and track your sleep for at least two weeks.
- Try and record what you've eaten as well as the activities you've done each day as it can all help you to figure out what may be affecting your sleep.



Is your mental health affecting your sleep?

Experiencing anxiety, worrying a lot or feeling down can affect your sleep.

If you would like support with this we can help. Speak to your parents/carers or school staff about a referral to our service.

If you are 16 years or older you can self-refer for support - see contact details below:



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