

A young person's guide to

Sleep

Sleep

Sleep plays a vital part in your health and happiness. Sleeping well at night helps your brain to function effectively during the day. After a good night's sleep, your mind is better able to learn new skills, remember information, solve problems, and make decisions.

Everyone is different, but experts think that most adults need around 8 hours sleep a night, but that teenagers/young adults need between 8 and 10 hours sleep because their bodies are developing.

Can you think of any benefits to sleep?

Reduce stress and
restore energy levels

Helps body
develop and helps you
look fresh & healthy



Issues with Sleep

Things that make it hard for me to sleep

What do you do today that might stop you getting a good night's sleep?

List things you can think of that disrupt your sleep

Things that can improve your sleep

A regular bedtime

Having a regular bedtime and getting up at the same time each morning helps your body to establish a sleeping pattern. Your body will start to recognise when it is time to sleep and when it is time to wake up.

Avoid screens close to bedtime

Most TV, mobile phone, laptop, and tablet screens produce a type of blue light that confuses your brain by making it think it is daytime. So, you might find it helpful to turn off screens an hour before bedtime and perhaps read a book, have a bath, or listen to a story to help your mind and body wind down.

Cut down on caffeine/sugar or food close to bed

What you eat and drink can affect your sleep. Caffeine, which is found in tea, coffee, and some fizzy drinks, including cola and energy drinks like Red Bull, is a stimulant which can keep you awake. Eating a large meal too close to bedtime can also make it hard to get to sleep. Try to eat your evening meal at least two to three hours before bed.

Make your bedroom sleep-friendly

Your bedroom should be a relaxing environment. Experts claim there is a strong association in people's minds between sleep and the bedroom. Your bedroom ideally needs to be dark, quiet, tidy and be kept at a temperature of between 18C and 24C.

Things that can improve your sleep

Keep a sleep diary

It can be a good idea to keep a sleep diary. It may uncover lifestyle habits or daily activities that contribute to your sleeplessness. If you see your GP or a sleep expert, they will probably ask you to keep a sleep diary to help them diagnose your sleep problems.

Exercise

Doing some physical exercise during the day, is not only good for your health, but it can also help you to sleep better. A regular exercise routine can help reduce stress and anxiety but can also help you fall asleep more quickly and improves sleep quality.

Spend some time outside during the day

Our bodies automatically recognise the difference between day and night. Once your body recognises that the sun is going down and darkness has fallen, it produces a hormone called melatonin that helps you to feel sleepy. If you stay inside all the time, your body gets confused about when is day and when is night.

Do something relaxing before bed

Using the hour before bed to relax can help you get a good night's sleep. Try some of the breathing exercises, write down accomplishments from your day, write a to do list for the next day, read a book or listen to something that calms you down.

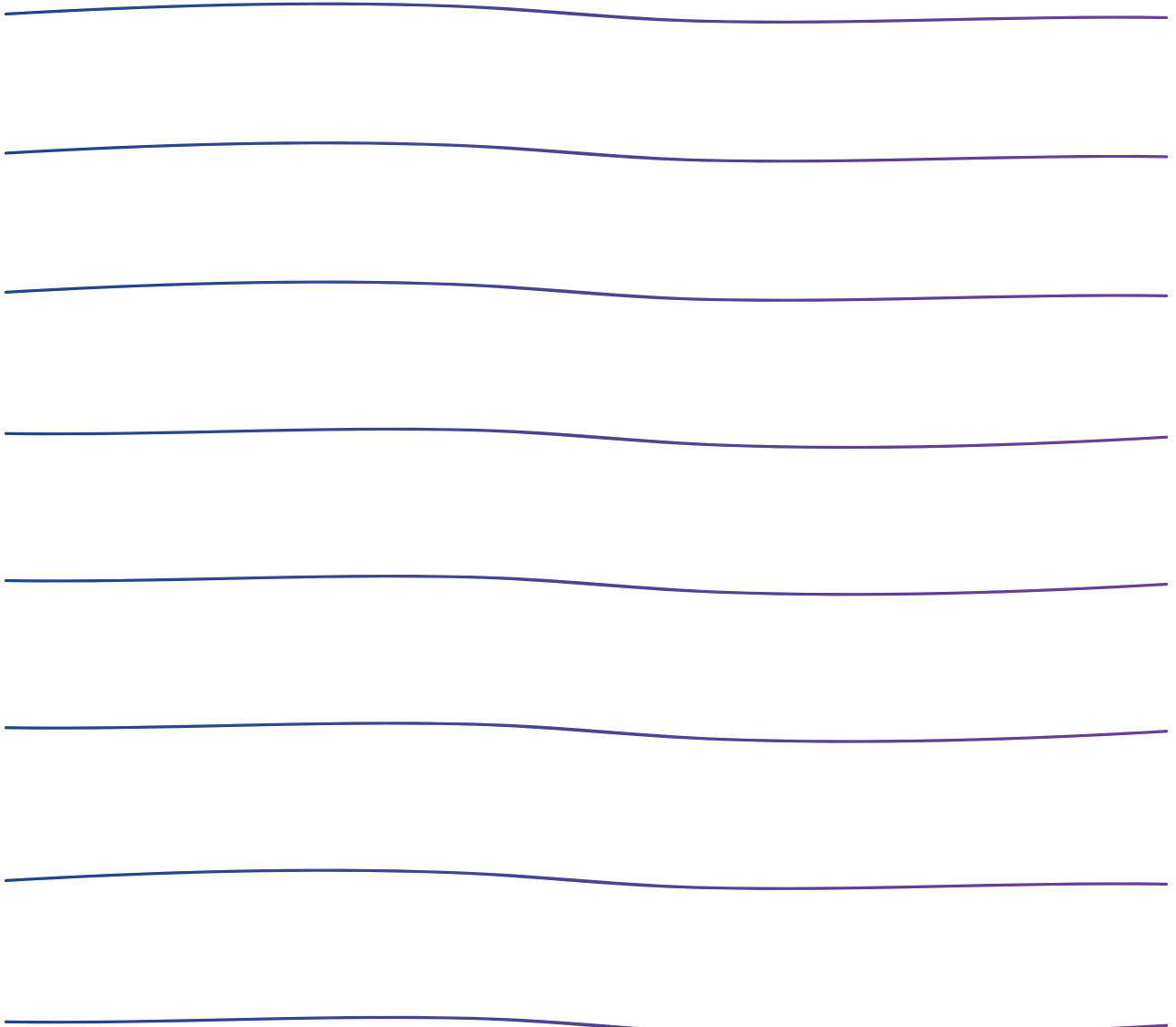
What steps can I take to help with my sleep?



Things I can do to help me sleep better

What small changes could you make over the next week to help you sleep better?

List things you can think of that disrupt your sleep.

The form consists of eight horizontal wavy lines, each spanning the width of the page. These lines are intended for the user to write down their answers to the questions posed above. The lines are a dark blue color, matching the header and section title.

Where can I find help?

Further help If you are still finding it difficult to get as much sleep as you need, then you may want to make an appointment to see your GP/doctor. Doctors can often give good advice on how to get a good night's sleep.

Useful Services for Support

YOUNGMINDS

youngminds.org.uk/find-help/feelings-and-symptoms/panic-attacks/



www.sleepcouncil.org.uk/advice-support/sleep-advice/common-sleep-scenarios/



www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/



Calm is an App with some free meditations that can help promote good sleep. If you find meditation is too tricky, Calm also offers sleep stories (read by people with soothing voices!) and relaxing sound tracks to fall asleep to.



Headspace App is a popular meditation App which is free for the first ten sessions, so you can see if it is suitable. Headspace has some special programmes including one on sleep.



Sleepcycle is a free App that analyses your sleep.



Sleepio is an online sleep improvement programme for people living in Oxfordshire, Berkshire and Buckinghamshire. It has been clinically proven to help you fall asleep faster, stay asleep through the night, the programme is based on Cognitive Behavioural Therapy for insomnia (CBTi).

We're Mind, the mental health charity.
We're here to make sure anyone with a
mental health problem has somewhere
to turn for advice and support.



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