

# SLEEP TIPS FOR YOUNG PEOPLE



## SLEEP

We know that sleep is very important to our physical health and it is also very important for our emotional wellbeing and mental health. Sleep improves our brain functioning, enhances our mood and keeps our immune system well.

Currently, we are experiencing change and disruptions in our lives. School closures, social distancing and family members working from home are a few of the current changes. These changes can disrupt our normal routines and can take time to get use to. It's quite normal to feel anxious and worried at the moment and this can really affect your sleep.

### TOP TIPS

#### Set a Schedule and Routine

When you have nowhere to go it can be tempting to let our routine slip.

- Wake up at the same time and go to bed at the same time. Oversleeping often makes you feel groggy, irritable and unfocused
- Make sure you wind down and prepare for bed - shower/bath/light snack/reading
- Get dressed - even if you are not leaving the house
- Take time to have lunch and tea
- Schedule exercise into you daily routine
- Make a daily timetable to help with your routine



#### Your bed is for sleep

It is important you create an association that your bed is for sleep.

- Don't be tempted to watch movies or do gaming from you bed - create an alternative space in your bedroom for this
- Create your bedroom into zones

#### Limit screen time

Gaming or bingeing on Netflix or spending lots of time on your phone can mean a big increase in screen time. Remember not everything you are seeing or reading will be true.

Excess screen time, especially late in the evening, can have a huge impact on your sleep. It stimulates the brain making it hard to wind down and the blue light surpasses the natural production of melatonin, a hormone the body makes to help you to sleep.



## Light

- Open your curtains in the morning and close them at night. This gives your brain light cues
- Try and get as much daylight as possible
- Open windows and get some fresh air (if you can)

## Try not to nap

As tempting as it is, when you are at home all day try not to nap as this will hinder your night-time sleep.

## Stay active

Get exercise during the day. If you can, take your dog for a walk whilst social distancing or set yourself an exercise routine as this will help you sleep at night.

## Kindness and connection

Kindness and connection can reduce stress and its effect on your mood and sleep.

## Use relaxation techniques

Breathing techniques, mindfulness activities, calming music and body scanning, can be built into your routine to support your sleep.

## Watch what you eat and drink

Keeping a healthy diet can promote good sleep. Also, avoid caffeine, energy drinks and sugary snacks later in the day.

Remember the team at KIDS Sleep Service and Barnardo's are there to support you.

### **KIDS SEND SLEEP SERVICE**

TEL: 01482 467540

Enquiries.yorkshire@kids.org.uk

### **BARNARDO'S**

TEL: 07889603963

headstart.groupwork@barnardos.org.uk

