



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 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.



FOR MORE INFORMATION AND TO DOWNLOAD YOUR **FREE COPY** OF THE TEEN SLEEP E-BOOK VISIT [TEENSLEEPHUB.ORG.UK](https://teensleephub.org.uk)

## 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 in the morning. 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.





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