

# Getting a Good Night's Sleep

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family.

If you are struggling to get a good night's sleep, follow these top tips:

- Think about your bedtime routine – What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 30 minutes at a time.
- Make sure you are really tired before you go to bed – the less time you spend awake in bed, the better.
- Have at least 15 minutes' quiet time before trying to go to sleep so your body and brain can relax and prepare to sleep.
- Don't use your phone or computer before bed – this can stimulate your brain and make it more awake.
- Try having a lukewarm bath (not too hot or cold) – this can relax your body more.
- Try to go to bed at the same time every day once you have settled on a routine.

- Try to get up at the same time every day. An occasional sleep in on a weekend is fine, just try not to sleep late every day.

- Choose a relaxing activity before bed, such as reading or listening to music.

- Try a few relaxation activities until you find the one that works for you.

- If you find it hard to switch off from your thoughts, keep a diary at the side of your bed and write down these thoughts. Try to give yourself an extra 10 minutes before bed to do this so it doesn't cut into your sleeping time.

- Make sure you are comfy in your sleeping environment. Is it dark enough? Are you the correct temperature... not too hot and not too cold?

- Put your phone onto silent at night so it doesn't wake you up. It can be difficult then to switch off and get back into a deep sleep.

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