

# WITH ME IN MIND

## Sleep



### Top tips for improving sleep

- Set a bedtime routine Ensure that you try your best to stick to this, even on non-schools days. Changes in bedtime routine mess about with your wake/ sleep rhythm. It is much more difficult to get back into a routine, than it is to change it
- Relax before bedtime. Try and come off all electronic devices a good hour before bed, have a bath or shower. Drink some warm milk. Make sure you feel relaxed, try some mindfulness
- Turn off all electronic devices. If you fail to do this your brain will remain alert making it much more difficult to actually get to sleep and remain asleep
- Ensure your bedroom is the correct temperature. Try and make sure that your bedroom is slightly cooler than other rooms in your house. Getting into a cool bed actually allows you to relax and aids sleep
- Check noise and light in the bedroom. A bedroom that is too light will impact on the ability to fall asleep, as does noise. Try and make sure your bedroom is dark, but not completely dark that you cannot see! Try to keep noise to a minimum, any sudden noises can wake you up as you start to fall asleep
- Try and get plenty of natural light in the day. Spend some time outside in natural daylight and if possible in the morning as this produces melatonin and this helps you to sleep
- Do some exercise. Exercise not only makes us all feel tired but it releases positive endorphins that make us feel better. This will help you to sleep
- Eat at the right amount at the right time. Try and make sure you eat a reasonable evening meal. Eating too much can make us feel uncomfortable, eating not enough can make us feel hungry – both of these will disturb your ability to sleep
- Use positive imagery. If you are struggling to fall to sleep, try to think of the positive things you will achieve in the coming days. If negative thoughts pop into your head try to push them away and think of positive things
- Avoid caffeine. Try and avoid tea, coffee, cola, and energy drinks these will keep you alert and prevent you from relaxing which will limit your ability to go to sleep.