

FACT SHEET



The Good Sleep Guide

Getting a good night's sleep is as important as a balanced diet and regular exercise. Poor sleep can affect your emotional wellbeing, physical health and can affect your concentration and performance at school. Teenagers should aim for at least 9 hours sleep per night.

- Make sure your bedroom is comfortable. (not too hot, cold, noisy or bright) .
- Establish a bed time routine. This could include having a bath and a warm drink.
- Go to bed at the same time each night.
- Try to wake up and get up at the same time each day even if you have had a poor night's sleep.
- Avoid napping during the day and no napping after 4pm.
- Try to use your bed for sleeping only and only sleeping in your bed (not on the sofa).
- If possible, use a table, desk, beanbag or comfy chair for other activities such as homework, revising, reading, or using your laptop or mobile phone.
- Get off your mobile phone, TV and computer at least one hour before bedtime and leave them outside your bedroom if you can.

Using devices with screens just before bedtime can seriously affect your ability to get a good night's sleep. There is separate fact sheet on this. The fact sheet includes ideas on alternative suitable activities you can do just before bedtime.

- Get an alarm clock so you don't have to rely on your mobile phone to wake you up.
- Avoid eating a heavy meal late at night BUT...
- ... Don't go to bed hungry. Have a milky drink or non-sugary snack such as a banana.
- Avoid tea, coffee and fizzy drinks – basically anything with caffeine in it. Try not to drink any caffeine after lunch.
- Exercise is good but not just before bedtime. Try exercising earlier in the day.
- Don't take your problems to bed. Try and have a time before bed time to go through problems. Or write them down so you can sort them out the next day.

