

WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are still experiencing sleep difficulties despite trying the tips in this leaflet
- continue to feel like you have no energy despite getting enough sleep
- are having trouble with day to day tasks (getting to school or after school clubs, spending time with friends, trouble concentrating etc)
- have worries that make it hard to sleep or focus on other things

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

Teen Sleep Hub

If you're looking for advice around how to sleep better, would like tips on tweaking your routine, or to help understand the science behind your sleep patterns, you'll find it all here.

teensleephub.org.uk

The Sleep Charity

From sleep hygiene, to children's bedtime routines, to how diet affects sleep, this website has all the helpful information to support to empower the nation to sleep better.

thesleepcharity.org.uk

If you need to talk to somebody right now, these organisations can help:

	NHS	Childline	Shout	Samaritans
	111	0800 1111	85258	116 123

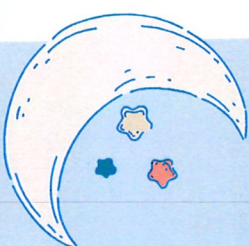


In emergencies, call 999

USEFUL APPS



Portsmouth
Mental Health Support Team



SLEEP

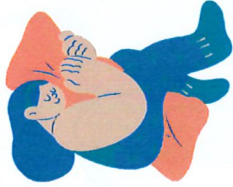
PICK-ME-UP



[pik-mee-uhp] noun

A pick-me-up is something that restores a persons energy, improves their mood, or generally lifts their spirits.

WHY IS GOOD SLEEP IMPORTANT?



Getting a good night's sleep helps us to function at our best!

Sleep helps to fuel our brain and body, helping us with concentration, motivation, and memory. We are also less likely to be grumpy after a good night's sleep.

WHY IS IT HARD TO GET GOOD SLEEP?

There are lots of factors that affect how much sleep we get, as well as the quality of sleep. Some you may be able to control and some you may not.

You probably have a very busy life, but you still need "downtime" to relax, and unwind. This usually happens at the expense of sleeping. Many teens also enjoy the quiet privacy of a late night.

When you think about all the other things you need to do (homework, socializing, sports, chores, part-time jobs, etc.), getting to bed early enough to get 8 to 10 hours of sleep can seem pretty hard.

HOW MUCH SLEEP DO I NEED?

The processes in our body change from person to person and so it is hard to say how much sleep is the perfect amount! The best way to figure it out is to listen to your body. Are you feeling tired throughout the day, or having naps? Are you feeling irritable and moody because it takes you a long time to fall asleep? Do you find it hard to wake up in the mornings? If so, it might be that you aren't getting enough good quality sleep.



6 - 12 year olds
10 - 12 hours per night

12 - 18 year olds
8 - 10 hours per night

WHAT CAN I DO TO GET BETTER SLEEP?

Set regular bed and wake up times

Try to stick to your sleep schedule, within an hour or two, even on weekends.

Exercise regularly

Regular exercise can tire your body out and help you sleep better. However, exercise boosts alertness so try not to exercise right before bed.

Clear your mind

If you are having trouble sleeping because you have too much on your mind, try keeping a diary or to-do lists. If you write things down before sleep, you may feel less worried or stressed.

Avoid caffeine

Don't drink beverages with caffeine, such as fizzy drinks, tea and coffee after dinner.

Unwind by keeping the lights low

Light signals the brain that it's time to wake up. Try to stay away from bright blue lights (including device screens), for at least an hour before bed. Try dimming the brightness on your phone, or check your settings for a warmer night mode.

Don't nap too much

Naps of more than 30 minutes during the day and naps too close to bedtime may keep you from falling asleep later.

Create the right sleeping environment

People sleep best in a dark room that is slightly on the cool side. Listen to calming sleep sounds if you need to block out a noisy environment.

