



SLEEP

By 'Trainee Education Mental Health Practitioners' in Brighton and Hove

What we are going to talk about

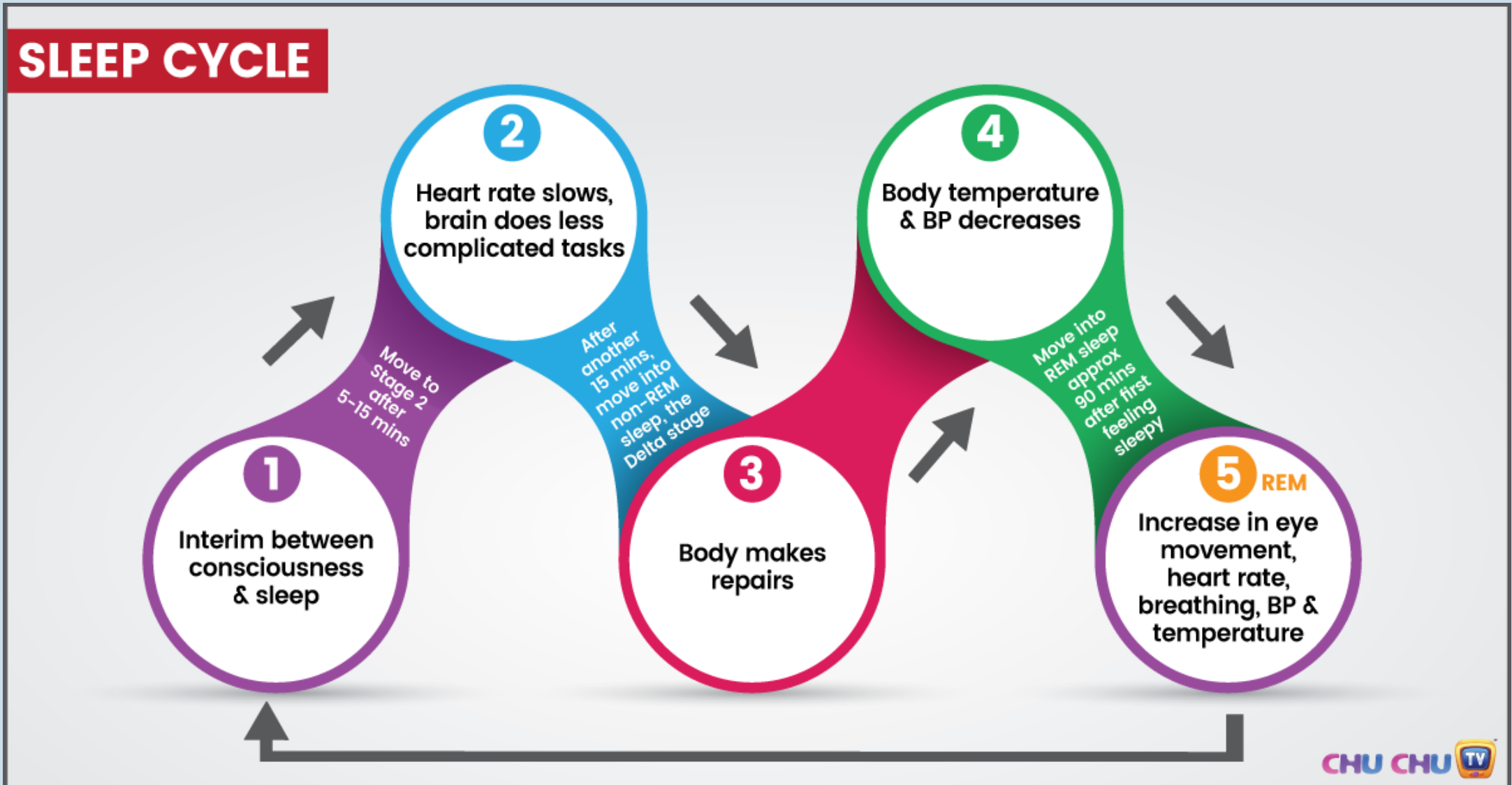
- What is sleep & sleep cycle
 - Why sleep is important
- How much sleep is recommended
 - Main difficulties with sleep
- What we can do about it and tips
- Signposting and further support

The nature of sleep



We all know what sleep looks like - we recognise a sleeping person because they have **their eyes closed**, will usually be **lying down**, breathing in a **slow rhythm**, with **relaxed muscles** and generally **keeping still**, although they may rearrange their bodies every so often.

What happens during sleep



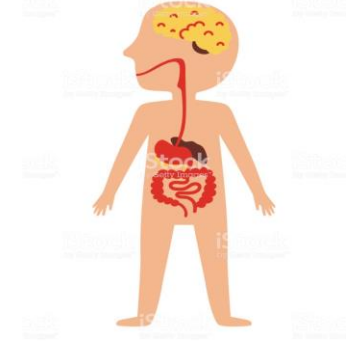
What does good sleep do for:



The Brain

1. Memory
2. Emotional regulation
3. Problem solving
4. Concentration and focus
5. Mood
6. Understanding others

The Body



1. Immune system
2. Growing
3. Repairs
4. Hormone regulation
5. Brain detoxification

Teenager's sleep patterns



9 HOURS

9 hours of sleep is recommended for 12-16 year olds

But teen's **body clocks are set later**, which can make it tricky to fall asleep before 11pm

Which is a problem if they then have to **get up early** in the morning for school

A lot of **young people struggle** to get the recommended 9 hours as a result.

Main difficulties with sleep

Falling Asleep

It should not take any more than 30 minutes to fall asleep

Waking in the night

We should not be waking up more than once or twice a night

Waking Early

Your body should be waking up around the same time every day

What can we do about it?

BED

Bedtime
Routine

Bedroom
Environment

Daytime
Routine

Bedtime Routine

- Start the bedtime routine 1 hour before bed
- Turn off any technology screens 1 hour before bed
- Keep times the same



Bedtime Routine Ideas

- Reading
- Gentle yoga/ stretching
- Relaxing music
- Mindfulness apps
- Drawing/ mindfulness colouring
- Chatting to others in the house
- Warm bath
- TV- calm programmes/ not overly stimulating
- Writing to do lists for the next day
- Podcasts

Bedroom Environment

1

Light:
eye mask,
curtains,
technology

2

Noise
Ear plugs,
Background
music



3

Mattress/ bed
Topper, extra quilt, turn
around and upside
down

4

Temperature
Keep the room cool
and aired for best
sleep

6

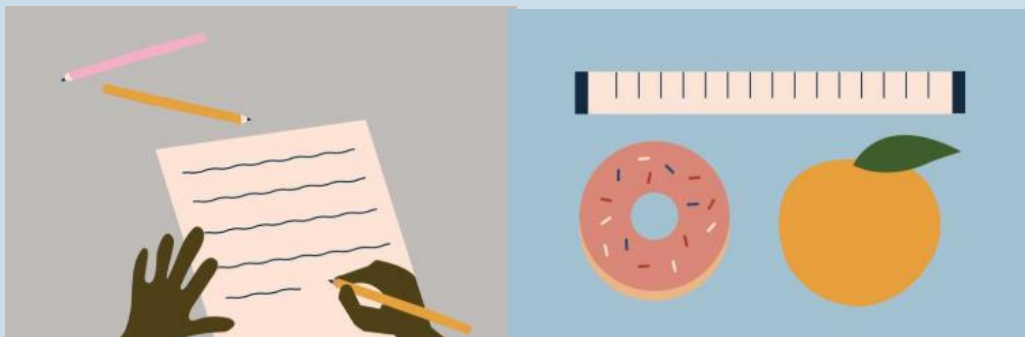
Comfortable/ Cosy
Hide the school
work and bring out
the blankets

5

Bed and sleep
connection
Save the bed for
sleeping

Daytime Routine

- Exercise 1 hour a day
- No caffeine and sugar 3-4 hours before bed
- Do not eat too much/ too little before bed (bananas, cherries and milk are good snacks)
- Limit lie ins on the weekend
- Keep nap under an hour and before 4pm



- Try and get out in the sun during the day
- Avoid potential stressors in later evening (school work, chores, news updates)
- Baths and showers in the evening
- Regular wake up times
- Sharing/ writing worries down during the day

My action plan

Bedtime Routine	Daytime routine
Environment	Other



Signposting and further support

Information

Sleep council website
(further information and interactive tips)

NHS website/ sleep and tiredness
(teen specific tips)

Young Minds website
(information, blogs, explaining the science)

YOUNGMINDS

Apps

Smiling mind

Calm

Headspace

Pzizz



Support

One to one support
around sleep or other wellbeing areas is available

Contact your school base
Who can get you in touch with either Iris or Amy, for further 1:1 work.

Feedback

1. How useful did you find the session today?

Please rate on a scale from 0 -10 (0 = not at all – 10 = it was exactly what I hoped for)

2. Which aspect of today's content did you find most useful?

3. What do you think we could do differently next time?