











## Help Yourself Get a Better Night's Sleep

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You may need more than you think. Teenagers should aim for at least 9-10 hours of sleep at night.

-  Make sure your bedroom is quiet, dark and a little bit cool—as much like a cave as possible
-  Avoid tea, coffee or cola—basically anything with caffeine in it. Try not to drink any caffeine after lunch
-  Try to increase your exercise if you are having problems but avoid exercise just before going to bed
-  Get off your mobile, computer and the TV for at least one hour before bedtime. The light from the screen is very stimulating and will keep you awake.
-  Avoid going to bed hungry— have a non-sugary snack before you go to bed.
-  Have a routine—try and establish a bedtime routine. This will help you regulate your natural body clock.
-  Don't assume you can catch-up on sleep by having a weekend lie-in
-  Share your worries—. Try to find someone who will listen to you and help you sort it out.

