

# 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.

