

SLEEP HYGIENE

Sleep hygiene is giving yourself permission to make time for sleep.

Why is a good night's sleep important?

- It helps us physically and mentally
- It helps us to engage with the people we love
- It helps us the engage with work and college and everything we need to do in our day-to-day routine
- It means we're less frustrated, feel calm, feel more confident
- It can help us with a better mental health

How do you practice good sleep hygiene?

It's different for everyone but there are some really useful things we can all do...

- Set good times to suit for going to bed and waking up

- Create a nice safe environment to sleep in
- Consider lighting - dim the lights, make it dark
- Think about relaxing scents and smells
- Reduce noise that might disrupt your sleep. Use white noise, meditation tapes, earplugs, headphones
- Cut down on caffeine and alcohol, especially at the end of the day
- Avoid heavy spicy meals late in the evening

30-60 minutes before you go to bed is a good wind down time. Avoid electronic devices and TV during this time.

Give yourself permission to have better sleep and that will help you through the day.

These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead.