SLEEP & RELAXATION

TIPS

TIPS TO IMPROVE SLEEP

SET A BEDTIME & MORNING ALARM	DON'T SNOOZE YOUR ALARM	HAVE A DARK BEDROOM	NO DEVICES FOR 30 MINUTES BEFORE BED	DON'T DRINK TOO MUCH BEFORE BED
AVOID CAFFIENE BEFORE BED	MAKE A BEDTIME ROUTINE	HAVE A COMFY MATTRESS & PILLOW	AVOID HEAVY MEALS BEFORE BED	HAVE A HOT BATH OR SHOWER BEFORE BED

TECHNIQUES TO REDUCE STRESS

MINDFULNESS OR MEDITATION	JOURNAL YOUR THOUGHTS & FEELINGS	30+ MINUTES OF EXCERCISE DAILY	SLOW, DEEP BREATHING	PROGRESSIVE MUSCLE RELAXATION

TOP SLEEP TIPS FOR TEENAGERS

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time.

Suggestions include:
- Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed, or use meditation or mindfulness activities. Gentle yoga may also help.
- Avoid screens such as computers, TV or smart phones, loud music, homework or any other activity that gets your mind racing for at least an hour before bedtime.
- Avoid stimulants in the evening like coffee, tea, soft drinks and energy drinks.
- Keep your bedroom dark at night. Your brain's sleep–wake cycle is largely set by light received through the eyes. Try to avoid watching television or using smart phones right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
- Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
- Add an extra 10 minutes every week until you have reached your desired bedtime.
- Get active during the day so you are more physically tired at night.
- Set up a comfortable sleep environment.
- Set up a regular wake-up time.
- Avoid staying up late on the weekends. Late nights will undo your hard work.
- Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

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