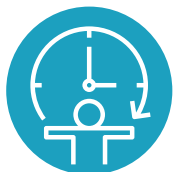




Improving your sleep



Set a bedtime routine and ensure that you try your best to stick to this, even on non-schools days. Changes in bedtime routine mess about with your wake/sleep rhythm.



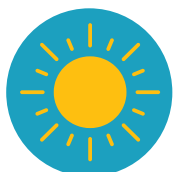
Relax before bedtime. Try and come off all electronic devices a good hour before bed. Have a bath or shower. Try reading a book, practise mindfulness or do some gratitude journaling.



Turn off all electronic devices at least an hour before bed. Blue light emitting from phones, laptops and TV screens can trick your brain into thinking it's still day time so it remains alert, making it much more difficult to get to sleep.



Ensure your bedroom has the best environment for sleep. Make sure the temperature is slightly cooler than other rooms in your house, as this will help you to sleep. Make sure the room is dark and quiet - and try to keep it tidy, as this makes it a less stressful environment and help you to relax and drift off.



Try and get plenty of natural light in the day. Spend some time outside in the morning as this produces melatonin, which helps to regulate your natural body clock, so it knows when it's dark it is time to sleep.



Avoid caffeine, such as tea, coffee, cola, and energy drinks. They will keep you alert and prevent you from relaxing, which will limit your ability to go to sleep.



Do some exercise. Exercise not only makes us all feel tired but it releases positive endorphins that make us feel better. Try to work out as early as possible and finish at least a couple of hours before your bedtime to give you time to wind down.

