

Sleep Hygiene Tips

Did you know that better sleep can help to improve mood? Sleep fuels your brain and body and a minimum of **8 to 10** hours' good sleep a night is recommended for young people.

These techniques are a starting point to help you. Speak to your school or someone you trust if you need longer-term support or urgent help.



Scan here for
short information
videos on
YouTube

Or call Childline
0800 11 11

Scan here
for more tips
on Instagram
(13+)



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team





SET THE SCENE: Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature



LIMIT SCREENS: If possible, do not have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep. Switch them off at least an hour before sleep time.



BE MINDFUL OF FOOD AND DRINK CHOICES: Avoid large meals and caffeine (it is in some fizzy and energy drinks too) before bedtime



ROUTINE: Go to bed at the same time each night and get up at the same time each morning, including on the weekends



EXERCISE: Regular exercise helps you sleep more soundly, as well as improving your general health. Find movements and activities that you enjoy.



TALK: Through anything you are worried about with someone you trust or write down any worries