

Student Support Sleep Advice



HEDINGHAM SCHOOL
STUDENT SUPPORT

We hope this sleep routine will help towards improving your sleep.

Remember, if you have any worries, use a Worry Journal – do not go over and over worries in your head. Write it down and let it go. Discuss what you have written the next day with someone you find helpful to talk to. You should tell your worries to an adult at home or in school. They can help.

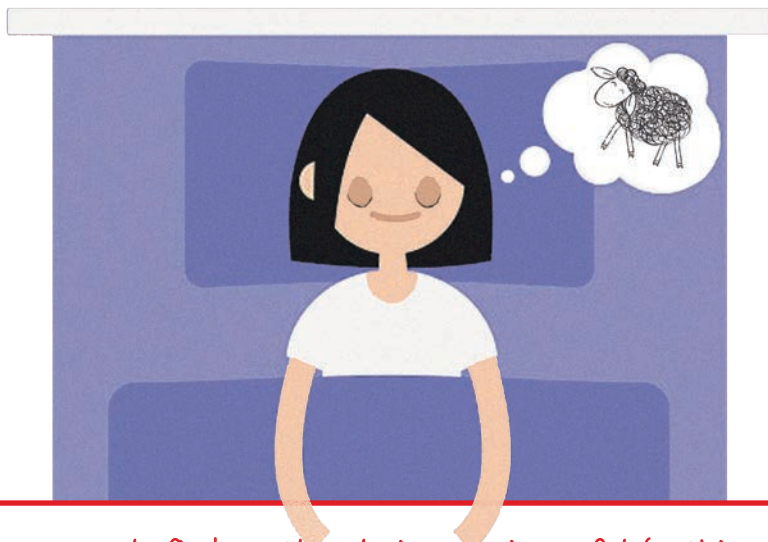
In order to get you on the right track, the following tips should be considered and carried out at the same time each night in order to 're-train' the brain that bed is for sleeping and it is a restful place to be. This will probably not happen overnight but will need to be maintained for a while. Don't give up if it doesn't work first time!

- ① Bedtime should be the same time every night.
- ② Wake up the same time every day.
- ③ Do not sleep during the day. This upsets our body clock.
- ④ Do not use a computer/ phone or watch television for at least one hour before bedtime. This fools the brain into thinking it is daylight and therefore time to wake up.
- ⑤ A hot bath/ shower before bed can relax your body and can aid falling asleep.
- ⑥ A hot milky drink and snack will release enzymes from the milk and the snack. This will help you feel a bit fuller and content, both aiding in falling asleep.

Useful Apps:

Calm – This is an app which is based around meditation. It is free and available on the App Store.

MindShift – This is another free app which explains and manages anxiety.



- 7 Some people find gentle relaxing music useful (nothing aggressive or depressing). Type 'chill out music' into YouTube for a selection. Remember not to watch the screen!
- 8 Reading can be a relaxing activity to prepare for bed/sleep.
- 9 If in bed for longer than 30 minutes without falling asleep. Get out of bed and do something relaxing (no computer/ phone/ television!) before trying again when ready.
- 10 Relaxation techniques can help when lying in bed unable to sleep.

We hope some of this helps. Find what works and stick to it. Build in positive habit patterns into your daily life. It is not likely to be solved overnight. It is the combination of techniques and patience that will have the greatest chance of success.

