



A good laugh and a long sleep are the two best cures for anything.
(Irish Proverb)

Benefits:

- Allows your mind and body to rest, repair and rebuild
- Improves attention and concentration
- Keeps you heart healthy
- Keeps immune system strong
- Supports emotion and mental wellbeing
- Reduces stress
- Helps maintain relationships

How much sleep do I need?

6-13 year olds should get between 9-11 hours a night.
14-17 year olds should get between 8-10 hours a night.

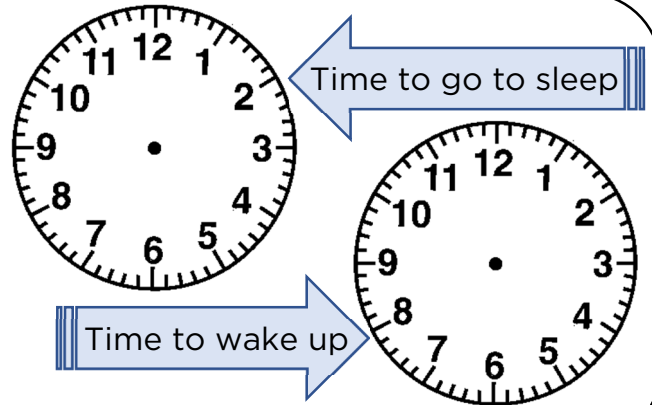
Why not start by noting your sleep patterns for the next 7 days.

This may help you to think about the things that help and hinder you in getting a good nights' sleep.

	What things did you do before you went to bed?	What time do you go to sleep?	How many hours sleep did you get?	Do you feel you slept well?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Keeping a regular bedtime routine will help to improve your sleep. Work out what time you need to wake in the morning - and then work backwards to what time you need to go to bed at night.

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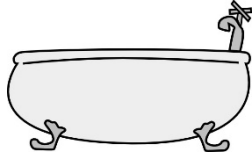


Wind-down Routines

Creating time to relax in the evening before you go to bed, will help your mind and body make the transition from being awake to being asleep. Try some of the examples below and see which works best for you. You may need to try them for a week to know if they help.



Read a book



Have a bath



Write a to-do list



Listen to music



Write a journal

What other things can you think of that could also help? _____

Tips for getting a good nights' sleep

1. Exercising during the day to help you feel tired.
2. Eating well - don't go to bed too full or too hungry, both can make you sleep badly
3. Make sure your bedroom is sleep friendly (declutter and make sure it is not too hot or cold.)
4. Limit screen time. Turn off phones and devices at least an hour before sleep and don't have your phone in your room - it does disrupt your sleep!

Having thought about all of this, what is the first thing you are going to do differently to improve your sleep?

Be aware of your sleeping patterns. Everyone's routine will be different, as we all have different ways of winding down. Do your best to get the sleep that you need, even if you don't always want to go to bed early!

DON'T FORGET!