

# Understanding sleep

Booklet



mental  
health  
support  
TEAM

How much sleep a person is recommended to get per night:



Reflection:

How many hours do you get?

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Helpful tips to get a better night sleep:



Turn off all screens  
at least an hour  
before bed.



Changes to consider:  
Blue light blocks melatonin, the  
hormone we need for sleep.

Further notes:

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Make sure your  
room is dark.



Changes to consider:  
Dark rooms help us settle by  
releasing melatonin.

Further notes:

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Try and find the perfect temperature.



Changes to consider:  
Melatonin drops our body temperature to cue sleep.

Further notes:

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**Avoid caffeine and eating close to bed time.**



Changes to consider:  
Food and caffeine close to bedtime can take time to leave our body.

Further notes:

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Form a bed-time routine and try to stick to it.



Changes to consider:  
Routines help us sleep.

Further notes:

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Clear space = clear mind.



Changes to consider:  
Is the bed/bedroom used for sleeping space?

Further notes:

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Use relaxation and breathing techniques.



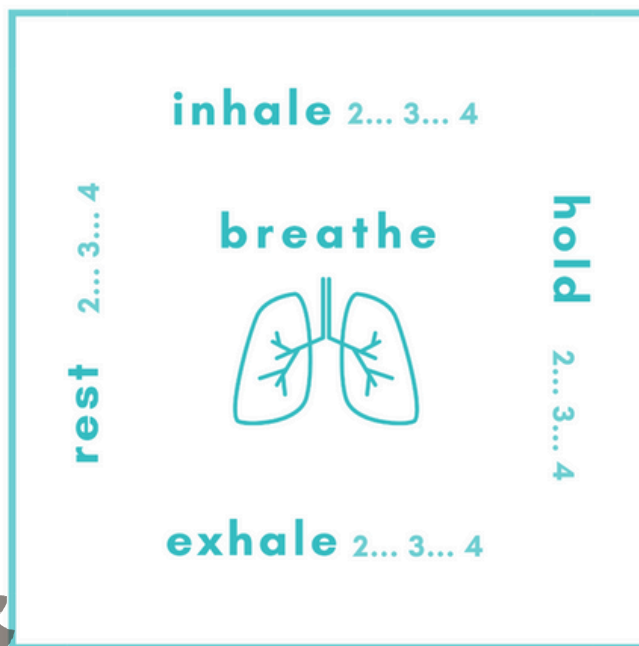
Changes to consider:  
Breathing exercises

Further notes:

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Examples of breathing:

## SQUARE BREATHING



## 5 Senses Grounding Technique

**5**

**THINGS YOU CAN SEE**



**4**

**THINGS YOU CAN FEEL**



**3**

**THINGS YOU CAN HEAR**



**2**

**THINGS YOU CAN SMELL**



**1**

**THING YOU CAN TASTE**





Speak to somebody  
for support



You have peers from this group  
to bounce ideas from.

If you are not sleeping because  
you are anxious or struggle with  
behaviour, speak to your  
school's Designated Mental  
Health Lead about being  
referred into the Mental Health  
Support Team.

### Top tips for success:

- 1 Make small changes.
- 2 Try one thing at a time.
- 3 Be consistent.
- 4 Be patient.
- 5 Monitor progress – think about what does work and what doesn't.





# THE MIX

Essential support for under 25s

If you feel like you can't cope or are worried about how you are feeling, you can contact The Mix by texting **THEMIX** to **85258** (24/7)

or call **0808 808 4994** (4pm-11pm)

[themix.org.uk](http://themix.org.uk)

# childline

ONLINE, ON THE PHONE, ANYTIME

Counsellors available 24 hours a day, 7 days a week, online or on the phone.

For children, young people and parents.

Call **0800 1111**

[childline.org.uk](http://childline.org.uk)

# YOUNGMINDS

fighting for young people's mental health

Find the help and advice you need. You are not alone.

Support for young people and parents.

[youngminds.org.uk](http://youngminds.org.uk)



Call **111** and speak to a health advisor. A mental health advisor will call you back in a timely manner, based on your need.

Alternatively, visit [111.nhs.uk](http://111.nhs.uk) and follow the online instructions.

# SAMARITANS

Whatever you are going through, call free at any time on **116 123**

or

email [jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](http://samaritans.org)

# kooth

They provide free, safe and anonymous online support and counselling for children and young people.

Kooth are able to communicate via messages if the young person prefers.

<https://www.kooth.com/>