

Think about ...



# Getting Enough Sleep

**SLEEP HELPS  
THE BRAIN  
SORT ITSELF OUT**



**SLEEP MORE  
STRESS LESS**

Sleep keeps you  
fresh and healthy



Always wind down  
before bed.....  
like read a book



**GRUMPY -  
YOU MIGHT NEED  
MORE SLEEP**

We don't usually think very much about sleep - it's just routine. Teenagers need between 9 to 10 hours sleep each night. Sleep is more than a period of rest. It is an essential time for your body to carry out routine maintenance. Sleep brings many health benefits. It improves your memory and mood and makes you more alert.

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## SLEEP IS IMPORTANT FOR YOUR EMOTIONAL HEALTH AND WELLBEING



**You may not be getting enough sleep if you are**

★ Having trouble getting out of bed in the morning

★ Having trouble concentrating or remembering

★ Feeling tired during the day

★ Feeling less motivated than usual

★ Feeling bad tempered

★ Nodding off during lessons

**A routine sleep pattern is important to allow your mind and body to function properly.**

The following tips may help

- ★ Go to bed and get up at the same time each day.
- ★ Don't take naps too close to bedtime.
- ★ Avoid eating close to bedtime - food can boost your energy levels.
- ★ Avoid sugar and caffeine in the evening.
- ★ Relax before you go to bed - it will help you unwind.

An occasional night without sleep will make you feel tired the next day but there will be times when you just can't sleep most likely when you are worried or excited

about something. If you are having trouble getting to sleep speak to your doctor. These websites provide useful advice.

## Useful Websites:

[www.nhs.uk/Livewell/Childrenssleep/Pages/childrenssleephome.aspx](http://www.nhs.uk/Livewell/Childrenssleep/Pages/childrenssleephome.aspx) - tips for getting better sleep

[www.spunout.ie/health/Healthy-body/Get-a-solid-night%2527s-sleep](http://www.spunout.ie/health/Healthy-body/Get-a-solid-night%2527s-sleep) - how to get a good night's sleep

[www.mind.org.uk/help/diagnoses\\_and\\_conditions/sleep\\_problems](http://www.mind.org.uk/help/diagnoses_and_conditions/sleep_problems) - advice on how to deal with sleep problems

[www.bbc.co.uk/science/humanbody/sleep](http://www.bbc.co.uk/science/humanbody/sleep) - tips to improve sleep

[www.moodjuice.scot.nhs.uk/sleepproblems.asp](http://www.moodjuice.scot.nhs.uk/sleepproblems.asp) - very helpful information to help with sleep problems