How to improve sleep

There are lots of ways you can improve your sleep such as:

- Creating an optimum sleep environment
- Maintaining a regular sleep schedule
- Only use your bed for sleep
- Cut out caffeine/stimulants
- Follow a routine
- Create a peaceful place to sleep
- Eating and exercising at the right time
- Avoiding screens/bright lights before bed

Tools and techniques

Using sleep diaries to better understand your current routine. We work together to find improvements that can be made into a daily healthy habit

howareyoufeeling.org.uk

NHS

Sleep hygiene

Information for children and young people and their parents and carers

What is sleep hygiene?

Sleep hygiene refers to the routine and environment you create in order to get a good night of sleep. This can include tasks you perform before bedtime and understanding how you physically sleep in the bed.

Why can't I sleep?

There are lots of reasons why we struggle to sleep.

Here are some more common causes:

- Feeling worried
- Not being tired
- Stress
- Over-thinking

Not being able to sleep is normal, but it does not feel great and often impacts the rest of our lives.

That is why it is important to try the tips in this booklet to try and get some rest!

Why do I need a good nights rest?

- Your mind and body heal and recharge whilst you sleep
- Helps to regulate emotions
- Keeps immune system strong
- Helps prevent physical health conditions such as heart disease and diabetes
- Improves concentration and productivity
- Reduces stress
- Improves memory and learning
- Improves mental health
- It can help maintain a healthy weight