

Sleep Hygiene

Activities for children and young people

What is sleep hygiene?

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

Why can't I sleep?

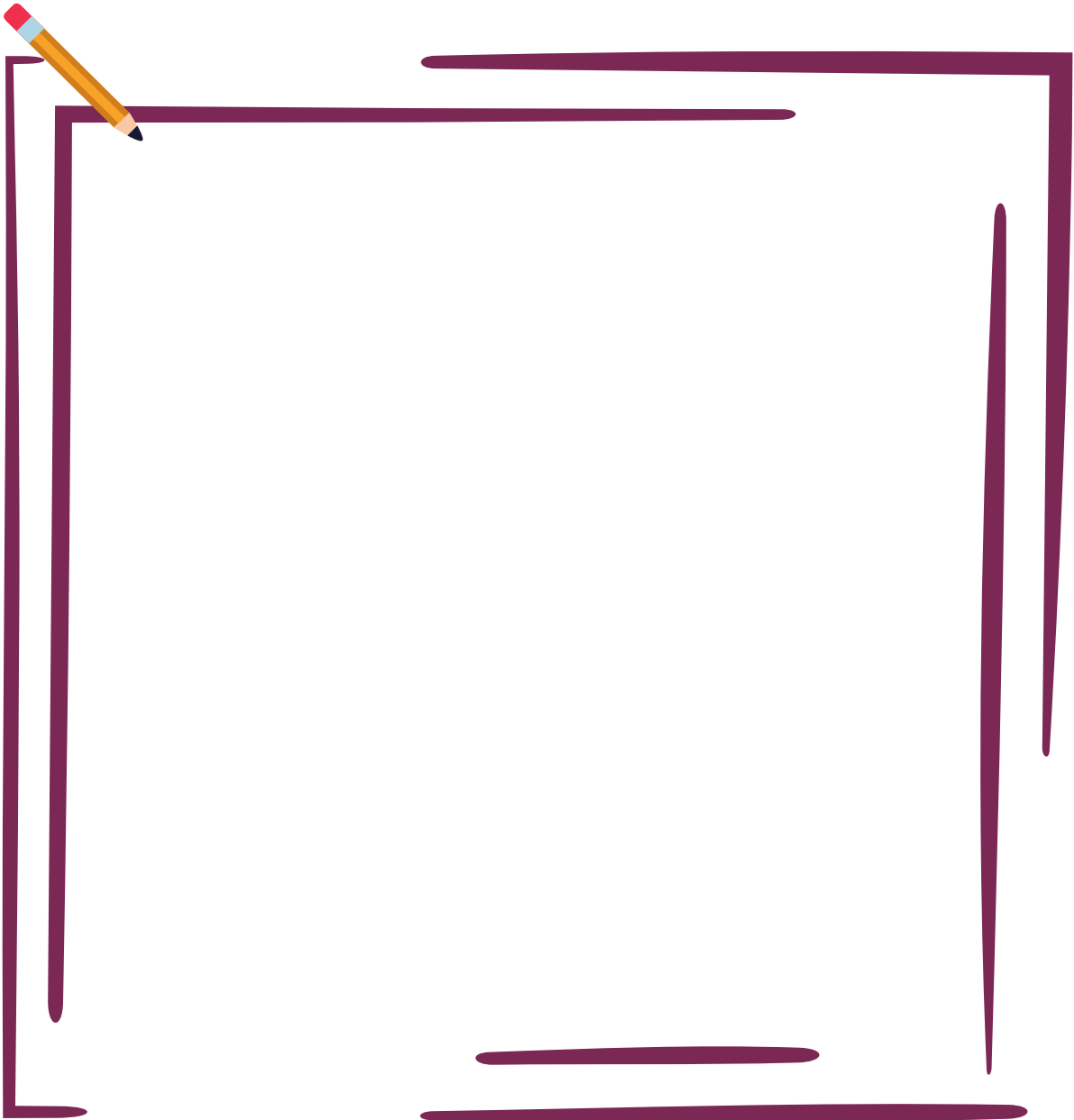
There are lots of reasons why we struggle to sleep. Here are some more common causes:

- 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!

Session one: activity one

Something about me



In the box either draw or write an image that represents something about you. Be prepared to talk about what you choose.

Session one: activity two

Why am I here?

Fill out the scales below to highlight what your sleep looks like now.



I have trouble falling asleep at night



I have trouble staying awake in the day



I feel rested when I first wake up in the morning



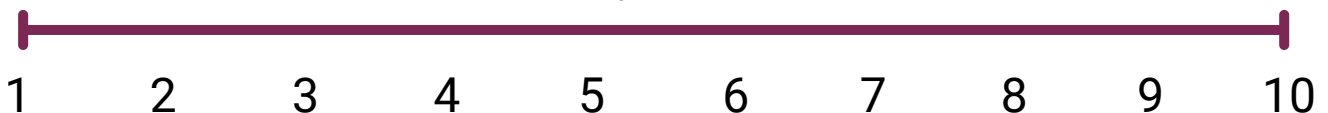
I feel like I get the right amount of sleep



I nap during the day



I spend time on my phone/laptop in bed



Session one: activity three

Goal setting

Write what you find difficult related to your sleep and what you hope to achieve by using these activities.



A writing area consisting of 18 horizontal light blue lines, bounded by two vertical red lines on the left and right sides.

Session one: activity four

Sleep difficulties

What do we mean by sleep difficulties?

Tick those that apply to you:

- Struggling to get to sleep
- Sleeping too much
- Poor quality sleep
- Waking up early
- Broken or disrupted sleep

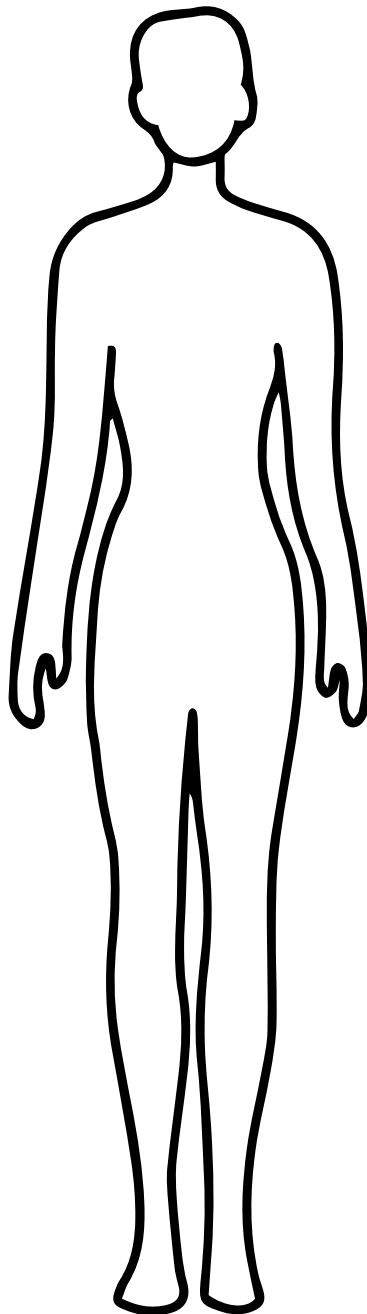
How common are sleep difficulties?

- 83% of teens admit their sleep is affected by stress and worry.
- 26% of young people rely on energy drinks or caffeinated drinks to stay awake in the day.
- 40% of children and young people will experience sleep issues at some point.

Session one: activity five

Lack of sleep impact

Write or draw around the body the potential impacts of lack of or little sleep.



Session one: activity six

Reasons for sleep

How much sleep do we actually need?

4 hours? 7 hours? 9 hours? 11 hours?

How do you feel if you don't have enough sleep?

Anxious Giddy Unmotivated

Flat Fidgety Frustrated

Sleep is an important time for our bodies and mind to undertake processes for our body to be able to function well. It's a time for growth, processing emotions through the day and helping our muscles to recover.

Without sleep we can struggle to function emotionally, physically and mentally.

Optimal sleep time depends on age - between the ages of 13 to 18 having 8 to 10 hours is recommended.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Complete in the morning							
I went to bed last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours & minutes)							
I woke up during the night (x times)							
Complete in the evening							
Number of caffeinated drinks							
Time of last caffeinated drink							
Amount of exercise completed today (minutes)							
What I did in the hours before sleep							
Mood today (0 = awful, 10 = great)							

Session two: activity one

The sleep quiz

When you lose sleep, you accumulate a sleep debt

- True False

Teenages need more sleep than adults

- True False

When you are feeling sleep you can keep yourself awake by...

- Listening to loud music
- Opening the windows
- Taking a cold shower
- None of the above

How many hours sleep does an average teenager need a night in order to feel alert and awake?

_____ hours

Session two: activity one

The sleep quiz

What does REM stand for?

Eating a large lunch can make you feel sleepy

True False

What is the natural time of bed for a teenager?

What colour can affect your sleep the most?

- Grey
- Coral
- Pink
- Blue
- Pale blue
- Yellow

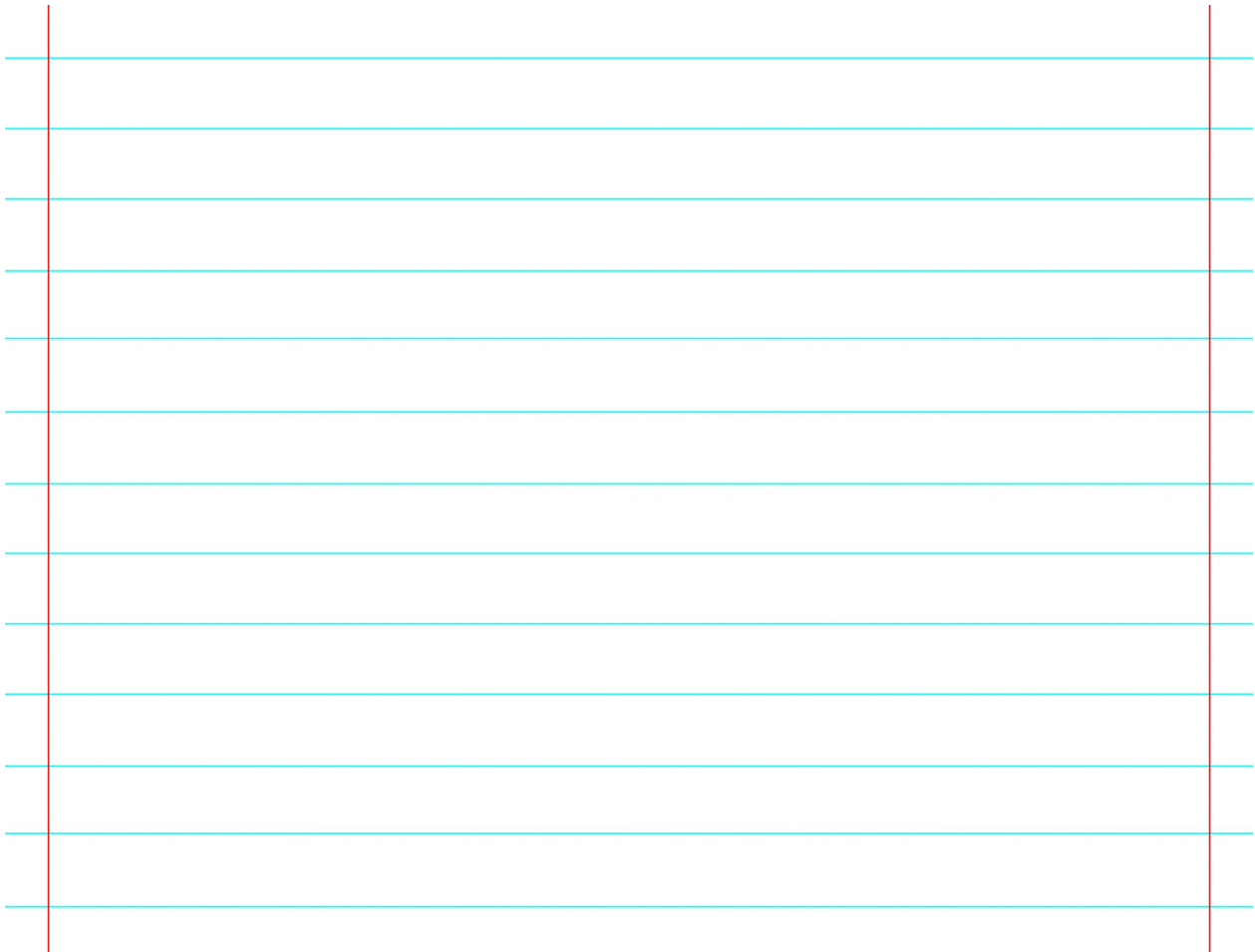
We dream in colour

True False

Session two: activity one

The sleep quiz

What have you learnt from completing the sleep quiz?



A writing area consisting of 15 horizontal cyan lines and two vertical red lines forming a frame.

Session two: activity two

Sleep efficiency

Time to review your sleep diary, note down what went well and what didn't?

Total time you think you sleep \div Time spent in bed $\times 100 =$

Rising time $-$ Average sleep time $=$

Session three: activity one

Sleep stages

Time to review your sleep diary, note down what went well and what didn't?

Sleep and the teenage brain

- Our brain develops and changes up until the age of 27! During this time it has lots of plasticity which means it can change and adapt to its environment
- Luckily the teenage brain is resilient and can adapt well during these changes. Sleep helps with the development of the brain during this time.
- Melatonin (the sleep hormone) is higher at night and drops later in the morning, this is why getting out of bed can be so hard!
- The teenage brain is still developing which can make it more vulnerable to stress.

Session three: activity two

Resetting our circadian rhythms

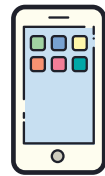
Look at these pictures - which ones can help us sleep well, and which ones should we avoid? Write them in the correct column on the next page.



Caffeine and energy drinks



Regular routine



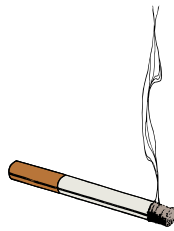
Mobile phones



Taking a nap



Reduced lighting



Nicotine



Bananas, oranges and pineapple



Exercise



Drugs and alcohol



Playing video games in bed



Reading



Taking a bath

Session three: activity two

Resetting our circadian rhythms

Things which will help us get a good night's sleep

Things we should avoid for a good night's sleep

Take home activity

Putting it into practice

Exercise/ sleep tip	How much did this help my sleep? (rate from 0-10 which 10 is very helpful)	Is there anything I could do differently next time?

Session four: activity one

What's on your mind?

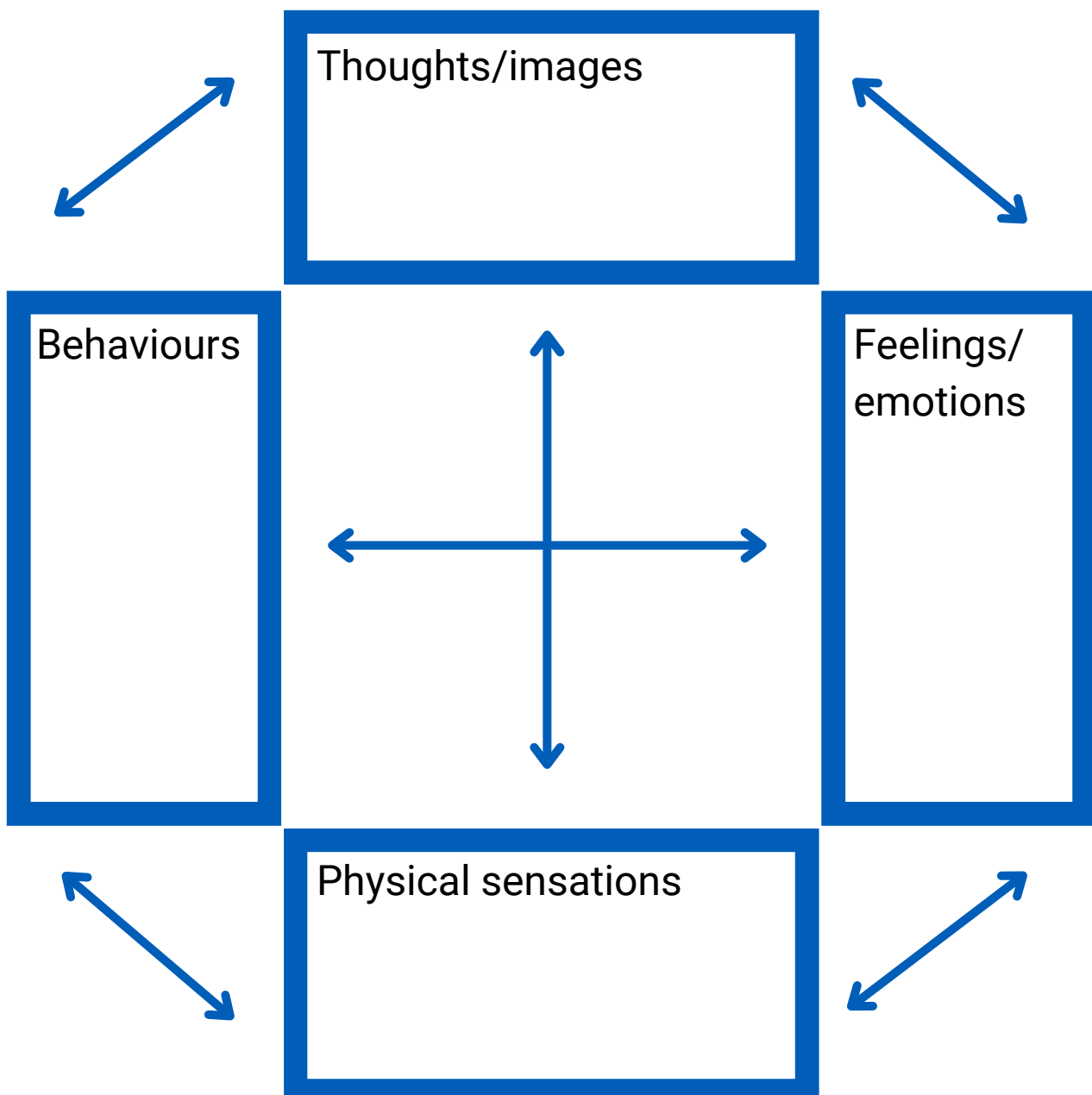
Label the picture with things that may be keeping you awake at night.



Session four: activity two

What happens when you can't get to sleep

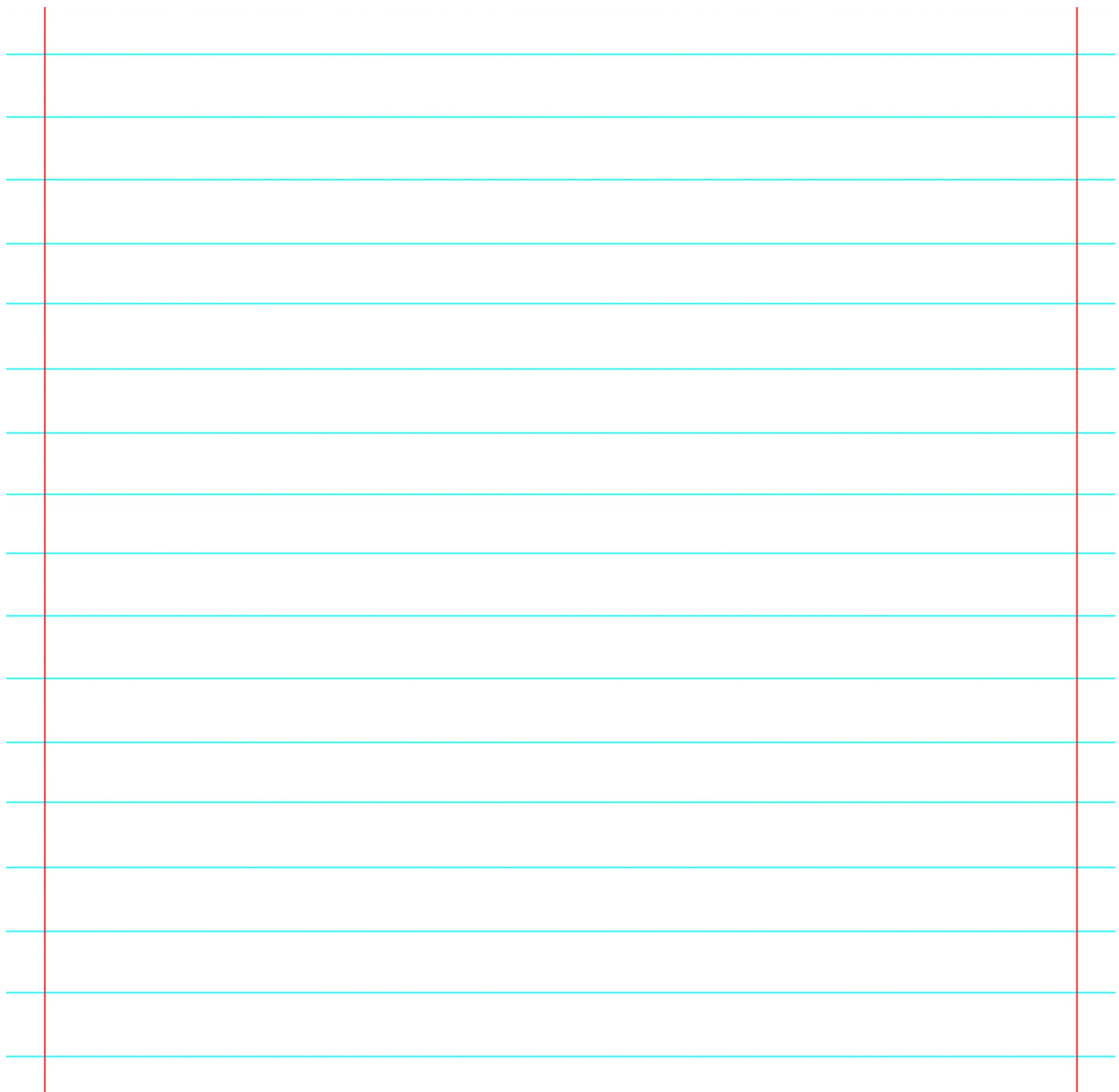
Map out your cycle below to see what areas you might be able to change to improve your sleep



Session four: activity three

Relaxation exercises

Do you do anything at the moment that helps you to relax or feel calmer? Note them down here.

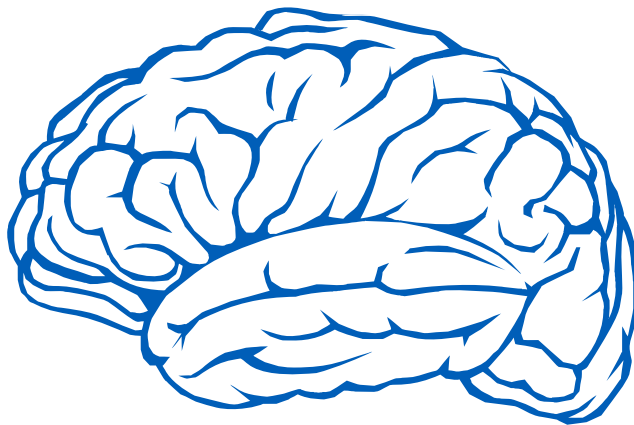


A writing area consisting of 18 horizontal blue lines, with two vertical red lines on the left and right sides, forming a frame for notes.

Take home activity

Brain dump

1. Use the space below to write down all the things that might be keeping you up at night. Once you've done this practice one of the relaxation exercises to help your body get ready for sleep.
2. Keep a sleep diary this week so we can review this in our next session.



Session five: activity one

bringing it all together

How has your sleep changed from session one to five?

.....

Has your sleep efficiency changed?

.....

Have you achieved your sleep goals?

.....

If not, what needs to change in order for you to achieve these?

.....

If yes, what has helped you to achieve these?

.....

Can you think of any times in the future when your sleep might become difficult again?

.....

If so, what could you do to manage this?

.....

Session five: activity two

My good sleep kit

What could you start using in your sleep toolkit? Circle any of the images that apply to you below.



What other tips, exercises or activities from this workbook could you add to your kit?

Session five: activity three

My sleep plan

I will be in bed by:

.....

If I can't sleep:

.....

.....

I will try:

.....

.....

Things that are worrying me:

.....

.....

I can manage these worries by:

.....

.....

.....



**Hull Mental Health
Support Teams**

howareyoufeeling.org.uk