

Sleep Hygiene

Information 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!

Why do I need a good nights rest?

- Your mind and body heal and recharge whilst you sleep
- Helps to regulate emotions
- Improves immune system
- Helps prevent heart disease
- Improves concentration and productivity
- Prevents diabetes
- Improves memory
- Improves mental health
- It can help maintain a healthy weight

How to improve sleep

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

- maintaining a regular sleep schedule
- only use your bed for sleep
- cut out caffeine
- follow a routine
- create a peaceful place to sleep

Additional resources

How to get to sleep - NHS (www.nhs.uk)

Why lack of sleep is bad for your health - NHS (www.nhs.uk)

Sleep and tiredness - NHS (www.nhs.uk)



**Hull Mental Health
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