



Promoting the Benefits of Good Sleep



Emphasising the importance of sleep has proven advantages for memory and performance. A minimum of 8-9 hours of good sleep on a school night is recommended.

Exercise for better sleep

Regular exercise helps you sleep more soundly as well as improving general health. Teens should aim for at least 60 minutes daily.

Cut out caffeine

Advice suggests that you should drink less caffeine which can be found in coffee, tea and Coke. Caffeine prevents falling asleep and promoting deep sleep.

Don't over eat before bedtime

Eating too close to bedtime may prevent sleep.

Bedtime routine

Encourage a bedtime routine. Doing the same thing in the same order an hour or two before sleep time and help you drift off.

Is the bedroom sleep friendly?

Ensure a good sleeping environment. Ideally a room that is dark, cool, quiet and comfortable

Limit screens

There is a lot of evidence that the blue light emitted by smart phones, tablets, laptops and many other electronic devices is impacting on the quality of sleep. Blue light tells the brain that it is not time for sleep. This spectrum of light sends a signal to our brain to turn off the melatonin production. Melatonin is the key hormone for us to sleep. Devices need to be switched off at least an hour before going to sleep.

Winding down

Have a warm bath, writing a to do list or write a journal can help organise your mind

Relaxation exercises such as yoga stretching and breathing is helpful

Relaxation music is helpful

Reading a book, listening to the radio relaxes the mind by distracting it.