



**Lincolnshire Partnership**  
NHS Foundation Trust

## Healthy Minds Lincolnshire

### Sleep

An information pack for young people

#### What is sleep hygiene?

We all sleep, sometimes it is easy for us to sleep and we may awake feeling really well rested, other times we may struggle to get to sleep or to stay asleep.

Sleep Hygiene means having both routines and environments that promote and support sleep. These can include the nightly routines, making a sleep schedule and making your bedroom a relaxing place to be. These can help us get to sleep and feel rested when we wake.

#### Why is sleep important?

Sleep can support us to remember things we have learnt in school during the day, it can help us concentrate when we are learning new things, it can make us feel more motivated to complete activities we enjoy, and boost our mood.

If we have too little sleep we can worry more, become snappy at friends or family and are more likely to become unwell.



# Sleep Diary

Use the sleep diary below to review how much sleep you are getting and start to understand the quality of this sleep. We recommend using this for 2-3 weeks whilst introducing good sleep hygiene

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time to bed							
Time waking							
Time to fall asleep							
No. of times waking in the night							
Total time asleep							
Today I feel:							

# Sleep Hygiene



## During the day:

- ◆ Get daily exposure to light, especially early in the morning
- ◆ Get regular exercise daily; try taking a daily walk
- ◆ Only use your bed for sleep, it is important to not use your bed for schoolwork or playing games
- ◆ Avoid caffeine 12 hours prior to bed
- ◆ Avoid napping or sleeping in late during the day (even on week-ends) it will make it harder to sleep the next night



## In the evening:

- ◆ Use some de-stressing strategies before bed like writing to a do list for the next day, or having paper by your bed to write down worries
- ◆ Avoid screens for at least a hour before bed, try adjusting your nightly routine and have a bath or doing something to relax
- ◆ Don't go to bed too hungry or too full



## In bed:

- ◆ When trying to sleep mentally label thoughts or emotions as "thoughts" and "emotions" as they occur then let them go
- ◆ Keep the temperature of your bedroom cool and comfortable
- ◆ If you are in bed for 20 minutes and are unable to sleep then get up and do something relaxing then return to bed