

GETTING A GOOD NIGHT'S SLEEP

TIPS FOR TEENAGERS FROM TEENAGERS

1. **E**xercise during the day
2. **A**void caffeine after 3pm
3. **D**on't watch TV or use a laptop computer in bed
4. **S**witch your mobile phone off and try to avoid lots of texting at bedtime
5. **H**ave a calming, regular bedtime
6. **C**reate a calm atmosphere in your bedroom
7. **H**ave a cup of warm milk drink/ warm bath/shower before bed
8. **U**se an alarm clock to wake you up in the morning
9. **G**et up at a regular time and have breakfast
10. **D**on't nap during the day
11. **O**pen your curtains in the morning

If you **STILL** can't get to sleep...

1. **S**et your body clock by using an alarm clock, eating breakfast and opening your curtains in the morning!
2. **A**romatherapy, such as lavender
3. **U**se a heavy duvet/cover
4. **R**ead a boring book in bed
5. **W**orry box - If you are worried about things, write them on cards and put them in a box and forget about them until the following day

For further support with sleep problems, contact your class tutor.