

Sleep Diary

Day	Bed time	Waking up time	Total sleep	Did I have trouble falling asleep?	What did I do before bed?	How did I feel when I woke up?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

What stops me from
relaxing before bed?

What is my current
bedtime routine?



What are some
activities I can do to
relax?

Sleep Hygiene for Young People

As a young person, it is important to ensure you are getting enough sleep to aid your mental wellbeing and development. However, this isn't always possible.

Sometimes it can be a struggle to switch our brains off. Maybe you are worried about an exam you have tomorrow or a presentation you have to give at school – either way, it's no fun tossing and turning all night long wishing you could just go to sleep. With the tips and tricks below, hopefully you will be well on your way to a restful night's sleep.

What is sleep hygiene?

Sleep hygiene simply refers to healthy habits that help you get a better night's sleep. It's easy to practice good sleep hygiene and anybody can do this by following the tips below.

How can I practice good sleep hygiene?

- Set a bedtime routine: this can be having a shower or a bath before bed and then reading a book or watching your favourite show to wind down
- Don't go on your phone about thirty minutes before going to bed
- Try and get up and go to sleep at the same time every morning and night

What should I do if I am struggling to sleep?

- If you are struggling to get to sleep, it is a good idea to break the cycle of tossing and turning in your bed and get up. If you can, try going to a different room in the house and doing something boring like reading a cookbook
- Practice breathing routines such as the triangle method below

