

SEMH Bulletin – March 2021

Routine

Programme your brain and internal body clock to sleep by following a routine:

Go to bed at a the same time each night (even at weekends). Get up at the same time each morning (even at weekends).

Relax

Wind down before bed. Try some of the following and make the ones that work part of your routine.

- A warm bath (not hot)
- Read a book
- Listen to relaxing music
- Colouring/drawing for calm

Calm space

Check your bedroom is a good environment for sleep.

- It should be cool
- Free of disturbing noise
- Dark when you settle to sleep
 - Comfortable

10 ways to encourage sleep



Get enough sleep

Teenagers are notorious for not getting enough sleep. On average they get 7 hours when they need 9.

Avoid napping after school as some teenagers do this will disturb sleep and make it difficult to settle.

Check your diet

Caffeine, energy drinks and sugary foods can all disturb your sleep.

If you do consume them make sure that you do this way before bed time.

Exercise

Regular exercise helps to reduce the tension built up during the day, making it easier to relax for sleep.

Try:

- To find an activity that suits you.
- Consider doing something alone or with friends or family.

Make it part of your weekly routine

If you cannot get to sleep, get up

Don't lie there getting more and more frustrated.

Try:

- Getting up & making a warm drink.
- Reading.
- Listening to a mindfulness app.

Mindfulness

Mindfulness encourages people to be present in the moment rather than remembering past experiences or worrying about the future.

Try:

- Downloading an app such as *Smiling Mind* or *Headspace* and using it daily.
- Meditations from You Tube.

Put your thoughts to bed

If your brain is still busy at the end of the day try:

- Writing a list of things to do

Put devices away

By using devices such as phones and laptops in the hour before bedtime we delay the release of the sleep inducing hormone melatonin.

- Switch devices off at least an hour before bed
- Charge your phone downstairs/well away from your bed so you are not tempted to use it.



Supporting someone with sleeping difficulties

- Encourage them to put the advice on this guide into action .
This requires encouragement, patience and persistence. Stick with it.
- Identify other factors that might be contributing to poor sleep and find practical ways to reduce their impact on their sleep.
- Listen to them— sometimes difficulties with sleep are associated with something worrying them.
- Talk to your GP

Useful websites

www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/

www.sleepfoundation.org

To contact the Student support team at
Upper Wharfedale School email;

studentsupport@uws.n-yorks.sch.uk