

School •



This term, our wellbeing focus is **Sleep.**

Why is it important?

There's lots of research about the amount of sleep that teens need to have to promote development and positive wellbeing, but the most common recommendation is between 8 and 10 hours per night. Getting enough sleep is essential for teenagers physical, emotional and mental wellbeing as well as supporting in the development of empathy, empowering teens to look after their own wellbeing and develop and maintain positive relationships.

Tips for supporting sleep:

- **Create a routine**—include a consistent bed time, relaxation and wind down time before going to bed
- **Switch off technology** – including tablets and smart phones to minimise blue light.
- **Avoid fizzy and energy drinks** - stop drinking sugary drinks in the evening before bedtime
- **The right environment**—try and keep the room dark and cool, with a comfy pillow and blanket/duvet.

WELLBEING

• Newsletter

Teen Sleep Matters:

Teen Sleep Matters Supporters Pack—
<https://thesleepcharity.org.uk/wp-content/uploads/Teen-Sleep-Hub-Teen->



Supporting your young people to develop a sleep routine:

[What to Do if You're Struggling to Sleep | Blog | YoungMinds](#)

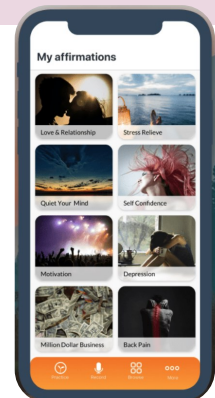
YOUNGMINDS
fighting for young people's mental health

USEFUL APPS FOR YOUNG PEOPLE:

TIDE (Sleep tracker)

Headspace (Sleep stories)

Relax Melodies (Sleep soundtracks)



SIGNPOSTING

Teen SleepHub: <http://teensleephub.org.uk>

Sleep Charity: [Home - The Sleep Charity](#)

Sleep resources for young people to access for free: [Audiobook](#)

[Posters](#)

[Relaxation Tips](#)

PARENT GUIDE: [Teen SleepHub](#)

