



## Why following the 'How to sleep well' guidelines will help

By establishing a routine in the lead up to going to bed, you will be helping your body clock. During the day, getting outside will help the creation of melatonin (the hormone that helps you fall asleep) which is released as the light changes from day to night. Your brain recognises even the most subtle changes to light and the release of melatonin is a signal to the body to get ready to sleep. Exercise during the day will help you deal with stress and anxiety and will help your body burn up energy. If you are getting enough sleep you will not feel the need to nap. If you get into the habit of sleeping during the day, even for a short while, you may start to shift your circadian rhythm (your body clock). For the same reason, avoid having very late nights and long lies at the weekend. Staying up watching that very late film until 2:00am or 3:00am and then lying in bed until the afternoon the next day will really make Monday mornings hard to deal with. It creates the 'jet lag effect' whenever you do it.

If you have got things to do like homework, getting ready for the next day, a computer game to play or a favourite programme to watch on TV, try to get it done well before bedtime. During the evening, give your body plenty of time to digest a meal. A heavy supper late on or close to bedtime is hard for your stomach to deal with during sleep. The same applies to coffee or any drink that stimulates you. If you send your body signals that you are still busy when it is ready to sleep, you will find it hard to settle and relax when you want to.

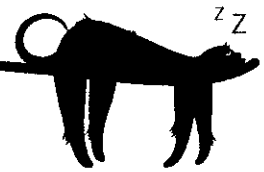
The last hour is the most important hour of all. Your body is naturally getting ready to sleep with the release of melatonin, you are probably yawning, and your muscles are beginning to relax. Switch off the computer, the TV, the iPad, and don't use your mobile phone as the light that comes from their screens can interfere with the production of melatonin and stop you falling asleep. Have a bath (not a shower which may wake you up) and use that final hour to wind down. Once in bed, read a book or listen to gentle, relaxing music. Keep as close to a regular bedtime and waking up time as possible as it helps to 'set' your body clock.

If you can consistently go through as many of these stages as possible, you should soon find that you are waking in the morning feeling more refreshed.

Why not try keeping a 'Sleep Diary'? Note down when you went to bed each night, when you fell asleep and when you woke up. You can then work out how many hours sleep you got. Remember that the closer you can get to 9 hours and 15 minutes sleep each night, the better you will feel every day!



# Checklist for sleepy teenagers

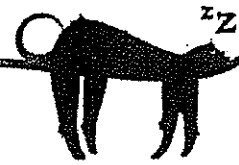


If you recognise any of these you may be suffering from sleep deprivation

Do you..

Find it difficult to wake up in the morning or sleep through the alarm?	<input type="checkbox"/>
Find that you are bad tempered, cross and feel more angry during the afternoon?	<input type="checkbox"/>
Fall asleep spontaneously if you are sitting quietly?	<input type="checkbox"/>
Sleep much longer at the weekend compared to school nights?	<input type="checkbox"/>
Sometimes feel very down, or very anxious or stressed and unable to cope?	<input type="checkbox"/>
Sometimes feel emotional or start crying for no reason?	<input type="checkbox"/>
Find it difficult to concentrate or focus at school in lessons?	<input type="checkbox"/>
Use your mobile phone or play computer games after you've gone to bed?	<input type="checkbox"/>
Often feel tired or lethargic during the day?	<input type="checkbox"/>
Find that your hand/eye coordination is not very good?	<input type="checkbox"/>
Find that you are accident prone, tripping over a lot or dropping things?	<input type="checkbox"/>
Find it difficult sometimes to control your behaviour, take unnecessary risks and do silly things?	<input type="checkbox"/>

# Relaxation techniques



How to switch your mind off and relax once you're in bed

Make yourself comfortable in your bed. Lie on your back and just let your body go as floppy as possible, rest your arms by your side. Concentrate on your breathing. Take a deep breath in, hold it for a slow count of three and release it slowly. Take in another deep breath, count to four and release it slowly. Take in one more deep breath and hold to the count of five, then release slowly.

Start to breathe normally and as you do so clench your fists as you breathe in and out and then release your hands and feel the muscles in your fingers relax. Next, tense all the muscles in your arms, from the shoulders down, hold that for one breath in and out and then release. Then tense and hold the muscles across your chest, hold that for one breath in and out and then release. After, tense and hold the muscles in your hips, buttocks and legs, hold that for one breath in and out and then release. Lastly, clench your toes and feet, hold for one breath in and out then release. As you relax each set of muscles, you're letting go of the tension and stress. Your breathing should now be nice and slow and your body more relaxed.

Finally, think about a place where you usually feel happy and at ease – it might be a favourite place for a holiday, or your granny's sofa watching TV, it might be a place that you make up in your own imagination. If you make it up make it somewhere that's just exactly how you would like it to be – somewhere that feels peaceful – a beach, a dark green forest or a fluffy cloud in the sky. Make the picture as clear as you can in your mind and just let your body relax even more. If you want to you can start saying to yourself, without moving your mouth or tongue, the word 'calm' on each outward breath.

The more you practice this routine, the quicker your body will get used to it and associate it with relaxation and sleep. Counting sheep, or anything for that matter, in your head will work too. Make the picture as vivid as possible and don't worry if you lose count, just pick it up at whatever number and keep going. Another technique is to count backwards from 300.



## Average Sleep Needs

Age	Average Number of Hours Needed	
	Night-time	Daytime
12 months	11 ½	2 ½
2 Years	11 ¾	1 ¾
3 Years	11	1
4 Years	11 ½	-
5 Years	11	-
6 Years	10 ¾	-
7 years	10 ½	-
8 years	10 ¼	-
9 years	10	-
10 years	9 ¾	-
11 years	9 ½	-
12 years	9 ½	-
13 years	9 ¼	-
14 years	9	-
15 years	8 ¾	-
16 years	8 ½	-



Working to ensure that Children get a good night's sleep...  
And so do their parents!



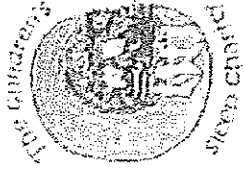
## Sleep Inducing Foods

There are a variety of food groups which can assist with improving sleep. All the foods we recommend contain an essential amino acid called tryptophan which can only be produced through diet, this then converts in to the neurotransmitter serotonin, which is then converted to the neurohormone Melatonin.

Below are some of the specific foods which contain high levels of tryptophan.

Food Group	Specific Foods
Milk and Milk Products	Traditional milk products (warm), yogurt and soya milk
Meat	Chicken and turkey
Fish	cod, tuna, mackerel, salmon,
Cheese	Cheddar processed cheese, cottage cheese, tofu,
Fruits	Apples, bananas, blueberries, strawberries, avocados, pineapple, peaches, cherries
Vegetables	Spinach, asparagus, green peas, broccoli, tomatoes, cabbage, cauliflower, mushrooms, cucumbers, potatoes
Nuts	Walnuts, peanuts, cashews, pistachios, chestnuts, almonds
Seeds	Ground flax, sesame, pumpkin, sunflower seeds
Legumes	Mung bean, soybeans, kidney beans, lima beans, chickpeas
Grains	Wheat, brown rice, red rice, barley, corn, oats
Bread	Whole wheat bread

# The Sleep Diary



Childs Name:

Date Diary Started:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Any naps during the day? Please note time and duration							
Time bedtime routine started							
Time the Child was in bed							
Did you stay or did they self settle?							
What time did they go to sleep at?							
Times they woke up in the night/how long were they awake/where did they go back to sleep? Your bed/their bed etc.							
Time they woke up in the morning							

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