

SLEEP HYGIENE

Sleep is important for keeping us healthy and alert. Teenagers need 8-10 hours of sleep a night.



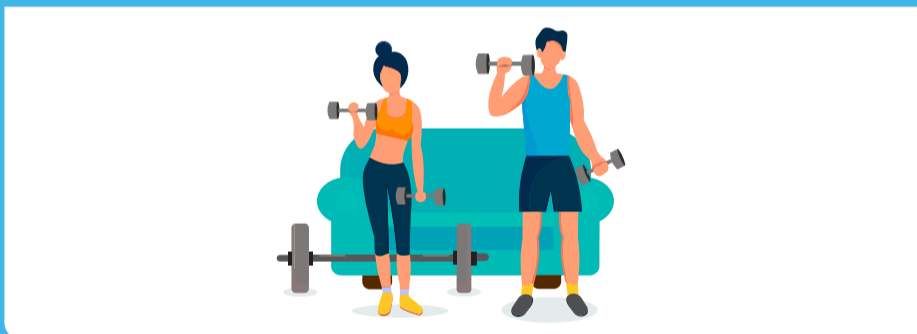
Not getting enough sleep can make you tired, cranky, unable to think clearly and even make it more likely you get ill.



Sleep hygiene is about understanding what helps sleep, what doesn't and making small changes to make a big difference.

You can improve your sleep by:

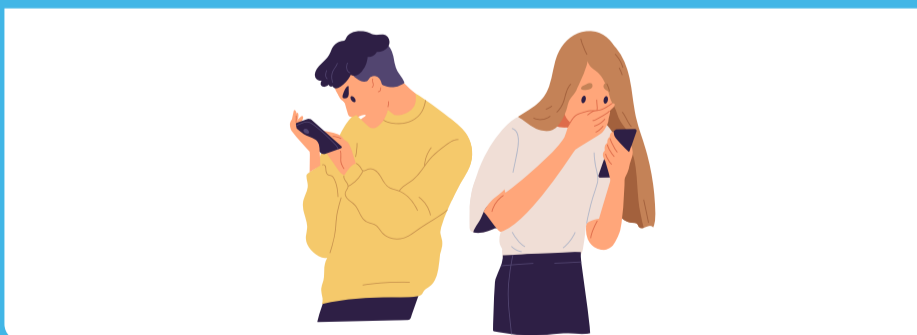
Exercise during the day but not in the 2 hours before bedtime.



Get sunlight, have a regular bedtime and avoid caffeine.



Have a break from your phone an hour before bed.



Read or listen to music before bed and maybe have a hot drink.



Finding out more about what can help with sleep can make a big difference!

