

Hello everyone, we hope you are all safe and well. The theme of this week's bulletin is 'Sleep'. We know from e-mails we have had from students, that some of you are struggling to sleep and have got out of the normal routine of day and night time. Hopefully some of the tips in this bulletin will help.



Top tips for a good night's sleep

Stick to a normal daily routine, setting your alarm to get up in the morning and going to bed at the usual time

Limit screens in the bedroom - if possible, have at least 30 minutes of screen-free time before going to sleep. The light from the screen stops the sleep hormone melatonin from being released which controls your sleep cycle. It will also discourage you from chatting with friends until all hours!

Use your exercise time –exercise helps you sleep more soundly, as well as improving your general health.

Cut out the caffeine - particularly in the 4 hours before bed. Too much caffeine can stop you falling asleep.

Don't binge before bedtime – an overfull or empty stomach may prevent sleep.

Wind down before bed - a warm bath, relaxation exercises, relaxation music, reading a book or listening to the radio relaxes the mind by distracting it

Create a sleep-friendly bedroom - ideally a room that is dark, cool, quiet and comfortable.

Write "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.

Talk through any problems - talk to someone about anything you are worried about. This will help to put problems into perspective and sleep better.

Websites

www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/

sleepcouncil.org.uk/advice-support/sleep-advice/common-sleep-scenarios/sleep-advice-for-teenagers/

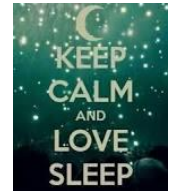
This podcast called 'Wellbeing and Sleep' talks you through how to relax and go to sleep. It is designed to be listened to when you are in bed.

<https://soundcloud.com/mentalhealthfoundation/wellbeing-and-sleep-full-works>

Apps for aiding sleep
Sleepio

www.sleepio.com

Pzizz www.pzizz.com



Watch this Youtube video on teenage sleep

www.youtube.com/watch?v=v9Nd6u39yD0

Take a quiz to see how your sleep IQ stacks up!

<https://www.sleepfoundation.org/articles/pain-sleep-further-education>

How can a mental health problem can affect your sleep?

Anxiety can cause thoughts to race through your mind, making it hard to sleep.

Depression and seasonal affective disorder (SAD) can lead to oversleeping – either sleeping late in the morning or sleeping a lot during the day. If you experience difficult or troubling thoughts as part of depression, this can also cause insomnia.

Post-traumatic stress disorder (PTSD) can cause nightmares and night terrors, disturbing your sleep. This can mean you feel anxious about falling asleep, which could lead to insomnia.

Paranoia and psychosis may make it difficult for you to sleep. You may hear voices or see things that you find frightening, or experience disturbing thoughts, which make it hard to fall asleep.

Medication can cause side effects including insomnia, disturbed sleep or oversleeping. You may also experience sleep problems after you stop taking medication.

For more info go to www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/