

Routine

Have a regular time when you plan to go to bed and get up.

Shower

Or bath to finish the day, then get into comfortable clothes/pyjamas.

Exercise

Wear yourself out during the day.
(Not too late)

Environment

Comfortable, dark, relaxing smells.

Temperature

Find a temperature that suits you and your sleep.

Disconnect

Turn off/remove phones and screens, read a book or listen to a sleep story.

Sleep is vital to growth and development. There is also increasing evidence that suggests lack of sleep can have a negative effect. This includes: weight change, depression, difficulty in concentrating, limiting creative potential and even the body's immunity to disease.



Sleeping as a teenager can be difficult as the pressures of homework, exams and relationships can cause a lot of stress. Try to talk to people about these things and try to avoid keeping them to yourself, as this can start to affect sleep.