How do I improve my sleep?

In order to learn and revise effectively, you have to think hard. Being able to think hard partially depends on being well-rested and sleeping well. There are strategies you can use which can help you get to sleep more quickly and which can improve the quality of your sleep.

If you have serious and/or long-term issues with your sleep, discuss it with your parents or carers.

When revising:

Do:
✓ …establish times for when you go to bed and wake up every day (including weekends).
✓ …create a routine which you follow before you go to bed.
✓ …avoid screens for at least an hour before you go to bed.
✓ …avoid caffeine in the evening.
✓ …make your sleeping environment quiet, dark, and cool in temperature.
✓ …get up and reset if you're finding it difficult to sleep.

Don't:
X …go to bed and get up at different times each day or over the weekend.
X …prepare for bed differently every night.
X …browse your phone or computer directly before you go to bed.
X …drink caffeine before you go to bed.
X …try to sleep in a bright or stimulating environment.
X …try to force yourself to sleep.

An example of a routine which encourages good quality sleep:

Several hours before you go to bed:
Get some light exercise, ideally outside.
Stop drinking drinks containing caffeine, such as coffee, tea, cola, or energy drinks.

An hour before you go to bed:
Put your phone on charge in a different room to where you are going to go to bed.
If you *have* to have your phone in room you are going to sleep in because it is your alarm clock, set your alarm now and place your phone face down.
Stop using and turn off any devices with screens, such as computers, TVs, laptops, and tablets.
Go through your bedtime routine. This could include tasks to prepare for bed, such as cleaning your teeth or having a shower, but could also include calming activities, such as reading a chapter of a book or meditating.

Once you've gone to bed:
Close the blinds or curtains and turn off the lights.
Make sure your room is a cool but comfortable temperature by turning on a fan or opening a window (if safe to do so).
Go to bed, ideally at the same time every night.
If you can't sleep, get up, leave the room, and spend 15 minutes resetting. Reset by having a short walk or doing something which *doesn't* force you to think hard.
Try again after you have reset.