BARLBY
wellbeing

QUI STAT CAVEAT

SLEEP ISSUES

What is it? We can all have trouble sleeping, getting to sleep or getting good quality sleep at times. Stressful situations, upcoming exciting events, as well as more mundane season changes can cause us to struggle to gain good sleep occasionally. Sleep issues can become a problem when they are recurrent.

Effects of sleep issues? Sleep issues can lead to problems with concentration, mood, memory and weakened immunity.
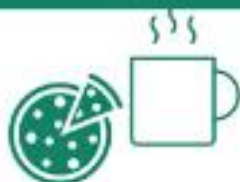
Tips for gaining good sleep:

1. Exercise for Sleep	2. Eating and Drinking	3. Routines	4. Sleep Space	5. Screens and Digital Devices
Regular exercise helps you to sleep more soundly. Teenagers should aim for 60 minutes of activity per day, and exercising in the daylight also encourages healthy sleep patterns.	Cutting out caffeine, particularly in the 4 hours before bedtime, has a dramatic impact on sleep. Too much caffeine can stop you getting to sleep and also reduces the amount of deep sleep you gain. Eating too much, or too little, close to bedtime can lead to an overfull or empty stomach, and prevent sleep.	Having a bedtime routine supports sleep. Sleep at regular times - this programmes the brain and body clock to a set routine. Make sure you wind down too. There are lots of ways to relax, but a warm bath / shower, writing a 'to do' list to organise thoughts and clear your mind, listening to relaxing music, or reading a book can help.	Your bedroom should be a relaxing environment. Your bedroom ideally needs to be a dark, quiet and organised (tidy?!) space. It should be at a comfortable temperature too.	Screens and digital devices emit a blue light which stimulates sensors in the eyes to send signals to your brain's internal clock, tricking it into thinking it is daytime. In an evening, the blue light supresses the body's production of melatonin — the sleepy hormone. Putting screens away is an important part of an evening routine!