

The background consists of three overlapping, organic shapes. The outermost shape is a dark teal color, the middle one is a light blue color, and the innermost one is a peach or light orange color. The text is centered within these shapes.

Turton's Be Kind To My
Mind Champions

Sleep

Welcome

Hello and welcome to the Sleep booklet created by Turton's Be Kind To My Mind Champions. We are a group in school who are passionate about supporting and promoting positive mental health for students. We have created some resources with pupils in mind and hope you find them helpful!



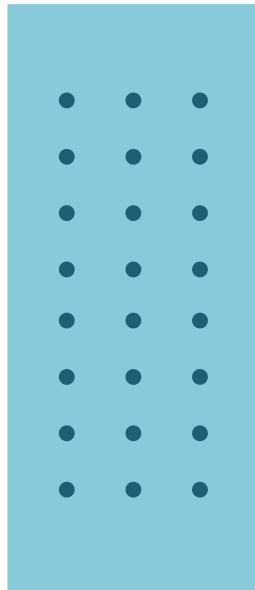
The BK TMM Team

For further support & information
please go to www.bekindtomymind.co.uk



WHY IS SLEEP SO IMPORTANT ?

Getting a good night's sleep improves our physical and mental health. If we sleep well our mood is improved, we concentrate and remember things better. We feel less emotional and more able to cope. When we have a good night's sleep we feel healthier. We are less likely to pick up illnesses, and our immune system is stronger. Having a good night's sleep improves our athletic performance and will even improve our skin and gives us glossy hair, giving us that healthy glow.





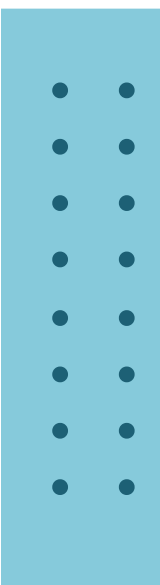
IS SLEEP HARDER

FOR TEENS?



YES

68% of teens do not get enough sleep during the school week. It is particularly difficult for teenagers to sleep well because the hormone that makes us sleepy – melatonin – is delayed in teens. Also, being on gadgets at night (including phones), drinking energy drinks or other caffeinated products and having worries or feeling stressed can impact on teens getting a good night's sleep. So, for teens especially, it is really important to be doing all the right things to get a good night's sleep.



Are you a sleepy teenager ?

Do you...



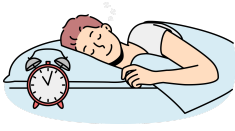
Find it difficult to wake up on a morning and often sleep through your alarm?



Feel irritable or bad tempered during the day?



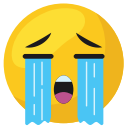
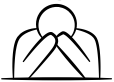
Fall asleep during the day?



Sleep in on a weekend?



Sometimes feel low, stressed or feel that you can't cope?



Feel very emotional?



Find it difficult to concentrate or focus?



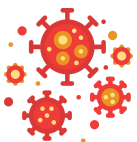
Check your phone late or through the night?



Spend time on devices late or through the night?



Feel tired and lethargic throughout the day?



Have general aches and pains, pick up bugs often?



Drink caffeinated produces including energy drinks regularly?

SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

Stay clear of stimulants late in the day.



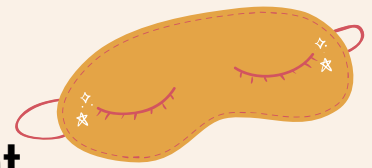
avoid beverages and foods that contain caffeine

Do a regular exercise.



regular exercise routine can help contribute to improved sleep.

Stick to a consistent sleep schedule.



going to bed and waking up at the same time every day

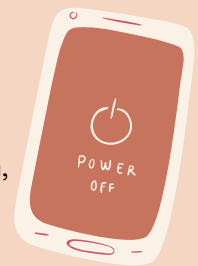
Create a relaxing bedtime/pre-bedtime routine.



any relaxing activity about an hour before bed helps creates a smoother transition.

Unplug an hour before bed.

Keep screen use to a minimum, at least an hour before bed,



Keep your room cool and comfortable.

ideal room for sleeping is cool, quiet, and dark.

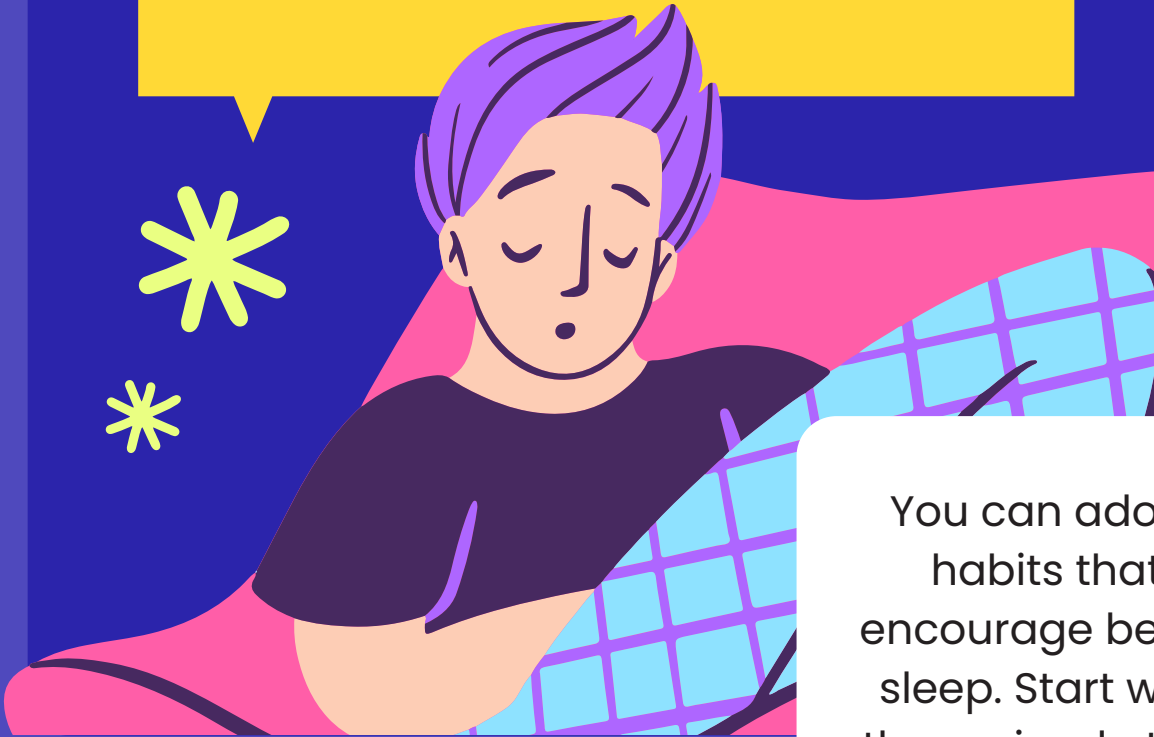


Avoid foods that can disrupt sleep.

when you lie down right after a big meal, your digestive juices are still cranking.



HOW TO IMPROVE YOUR SLEEP QUALITY



You can adopt habits that encourage better sleep. Start with these simple tips.

WHAT YOU NEED TO DO:

Stick to a sleep schedule

01

Create a restful environment

02

Pay attention to what you eat and drink

03

Limit daytime naps

04



SLEEP TRACKER



Goal For The Week	M	T	W	T	F	S	S
Slept At							
Woke up At							
Average Hours Per Night							
Set Alarm At							

BARRIERS

NOTES

Dream Journal

D A T E

Blank oval space for the date.

WHAT HAPPENED?

Large lined area for writing the dream's details.

MY EMOTIONS

Blank rounded rectangular area for describing emotions.

PEOPLE IN THE DREAM

Blank rounded rectangular area for describing people in the dream.

RECURRING?

YES / NO

SLEEP QUALITY?



SKETCH

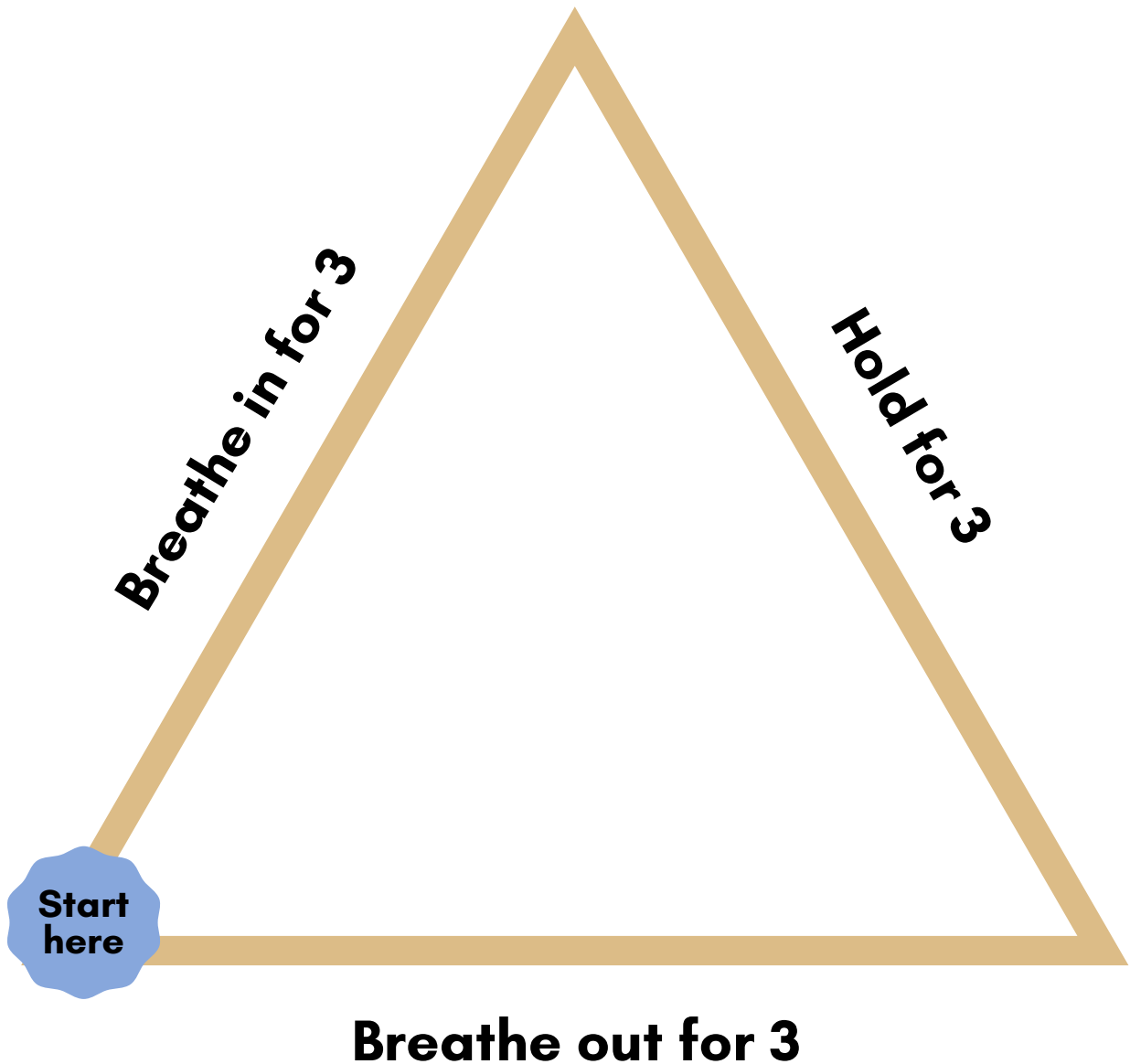
Large blank area for sketching the dream.

MY INTERPRETATION/FINAL THOUGHTS

Large lined area for writing the dream's interpretation or final thoughts.

TRIANGLE BREATHING

BRAIN BREAK



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

ANIMAL

MINDFUL COLORING

