



RISE



MHST

## Mental Health in Schools Team (MHST)

### Tips For Wellness:

## SLEEP

Sleeping well gives our bodies time to rest and repair. It can help us to be better learners, support our emotional wellbeing and help our immune system. So what happens when we don't get a good night's sleep? We can feel tired, struggle to focus, experience changes to appetite, and feel generally cranky. We might also feel more anxious or low than normal.

#### Our tips for sleeping well:

- 1- Make sure you are in a **quiet, dark** room and **reduce distractions** as much as possible.
- 2- **Exercise** during the day improves our sleep! Try not to exercise 90 minutes-3 hours before bed, as this can actually make us feel more awake.
- 3- Do something **relaxing** before bedtime, e.g., read a book, listen to a podcast, practice self-care, or do some mindfulness.
- 4- If you want a hot drink in the evening, try drinking something milky or herbal and **avoid caffeine** (e.g., tea and coffee). Caffeine stays in our body for many hours and can stop us from feeling ready to sleep!
- 5- Try to **switch off electronic devices** before bedtime, the blue light from the screen can decrease melatonin in our body which negatively affects our sleep pattern (*melatonin is a hormone that helps us to get to sleep and wake up!*)



More tips for relaxing  
before bedtime!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

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MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.