



SLEEP BETTER: TIPS FOR YOU

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Know Your Brain
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Teenage (11+) sleep patterns often cause problems. You **need** more sleep but find it hard to go to sleep early. You will function and feel better in the day if you can get even a *bit* more sleep. These tips help people of any age who want better sleep. Try them for at least a week.

1. Create a good routine for the hour before you want to sleep. For example, do all these, in the same order each night: turn OFF TV, computer, phone, electronic games an hour before bed; have light snack and milky drink if hungry; dim lights; close curtains; play soft, slow music; bath/shower; clean teeth; get things ready for morning; into bed; read.
2. Plan ahead. Decide what time you want to feel sleepy and make sure all your work and stress is dealt with **an hour before**, so you can spend that hour winding down.
3. During hour before bedtime, AVOID: caffeine (normal tea, coffee, cola etc); backlit screens (TV, computers, phones, electronic games – these items emit light that mimics daylight and wakes us up); stress (eg arguments); loud, fast music; fast exercise; large meal.
4. These things help sleep: lavender oil on pillow or in bath; herbal teas; hot milk/cocoa; reading for pleasure; slow music; dim lights; warmth; breathing/relaxation exercises.
5. Make a list of things you need to do or take to school in the morning. Making a list means you don't have to use brain-power trying to remember or worry.
6. Fast exercise is not good during the hour before sleep, but earlier in the day it can help. But slow exercise, such as yoga or Pilates, can help you wind down near bedtime.
7. Reading (for *pleasure*, not work) is a good way to wind down and switch off from worries.
8. Catching up at the weekend helps a bit but if you stay in bed **too** late you'll end up disturbing your body clock and suffering the same as jet-lag – not good!
9. If worries are keeping you awake: write them down and put the paper away; then focus on daydreaming about your ideal place, building up a more detailed picture each night.
10. Don't worry about not being able to sleep sometimes. A few bad nights won't be a problem. Sleep loss only causes problems when it goes on for too long.

Sleep Well 😊

More information at www.nicolamorgan.com

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