



Sleep

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What will be covered:

- Why sleep is important
- Things that can make sleep difficult
- Tips for improving sleep
- Websites and further support



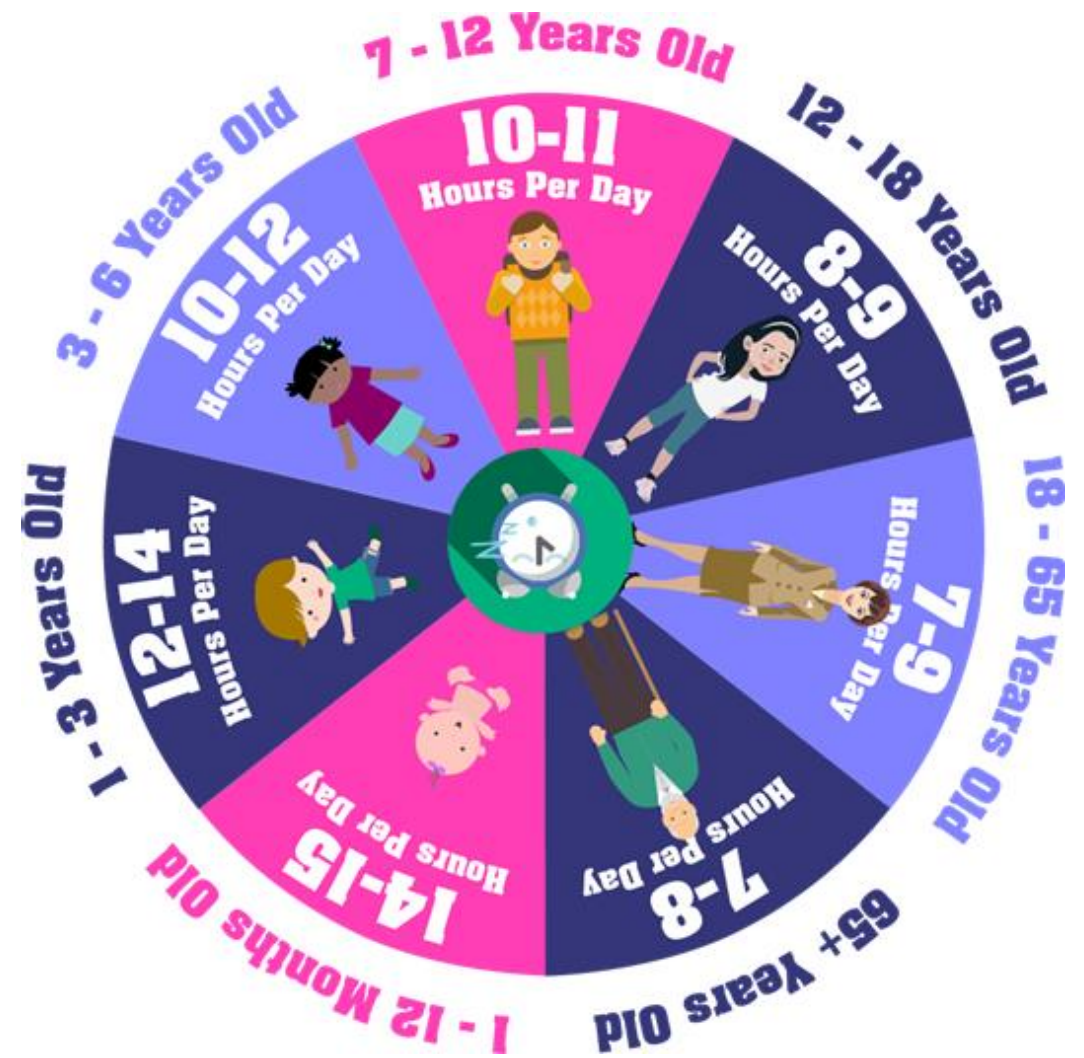
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The amount of sleep we need everyday changes as we get older



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Why is Sleep Important?

Getting the right amount of quality sleep will:

- Improve concentration, attention span and memory
- Let the body rest and repair making sure we can perform well the next day
- Reduce stress hormones which is good for our emotional and mental health



Sleep is influenced by internal and external factors

- We have a sleep body clock that follows a 24-hour cycle, known as a circadian rhythm.
- This body clock is influenced by a sleep hormone called melatonin
- Our environment helps our body to regulate this rhythm. This makes it easier to fall asleep at night and wake in the morning.
- During the teenage years, the sleep cycle shifts as melatonin is produced later at night.
- This can result in teenagers not feeling sleepy until much later in the night and then struggling to wake early in the morning.



What can make sleeping difficult?



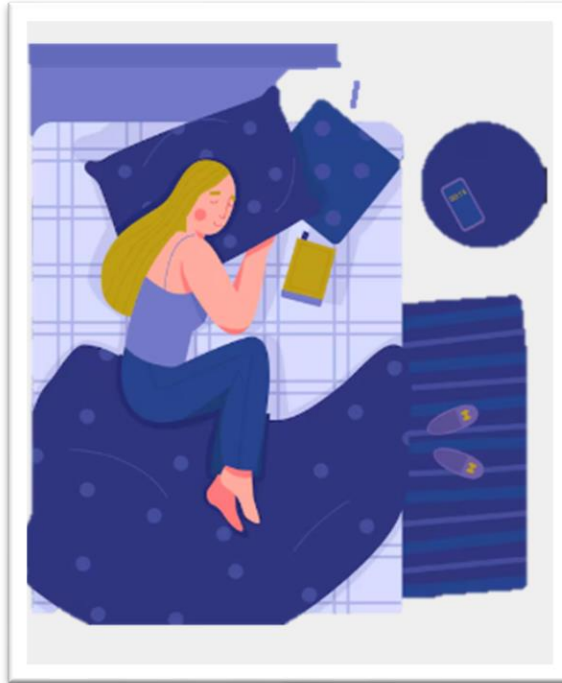
Excessive exercise to close to bedtime.

Nightmares /Night terrors

Bedroom environment

Using your phone before bed

Going to bed hungry or too full.



Feeling worried, sad or scared.

Negative sleep associations

Feeling ill or being in pain.

Having an uncomfortable bed.

Certain medication



How can young people improve their sleep?

I HATE IT WHEN
I CAN'T SLEEP!



Tip 1: Follow a calming bedtime routine



- Try and go to bed and wake up at the same time every day.
- Create a relaxing bedtime routine.
- Avoid eating a big meal just before bed.
- If they can't sleep, suggest they get up and do something relaxing.
- Limit naps to 20-30 minutes a day.



Tip 2: Create a sleep-friendly bedroom



- Keep the bedroom tidy and clutter free.
- Avoid extreme temperatures in their bedroom.
- Keep the bedroom as dark as possible.



Tip 3: Come off devices an hour before bed



- Blue light from screens can mimic daylight.
- This can affect the production of melatonin, making it harder to get to sleep.



Tip 4: Reduce caffeine and sugary drinks



- Try to avoid caffeine and sugary drinks in the afternoon.
- Caffeine is a stimulant that can influence how long it takes to fall asleep, how long we sleep for and the quality of sleep.
- Warm milk, oat drinks or caffeine free teas can be good alternatives.



Tip 5 – Do exercise

- Aim to get at least 20-30 minutes of exercise each day.
- Avoid exercising too close to bedtime.



Tip 6 – Manage your worries

- Write worries down before bed.
- Talk about worries in the day.
- Do something relaxing before bed, such as reading or a mindfulness activity.



Where can I get more information about sleep?

The Teen Sleep Hub

www.teensleephub.org.uk

Headspace

<https://www.headspace.com/>

Calm

<https://www.calm.com/>

Smiling Minds

<https://www.smilingmind.com.au/>



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Thank you for listening!

I hope this has been useful.

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If you feel your child would benefit from a referral to our WEST team to support them with their mental wellbeing, please speak to your child and school.



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