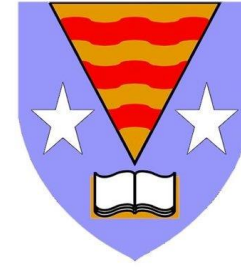


World Sleep Day

19th March 2021



WHY ARE WE TALKING ABOUT SLEEP?

Young people's sleep is an increasingly important issue. Poor quality and insufficient sleep can be both the cause and effect of wider health problems.

BENEFITS OF SLEEP

Sleep allows our bodies to carry out functions that are vital for our physical and mental wellbeing, leading to a whole range of benefits.

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HAVE YOUR QUESTIONS ANSWERED

Why do we sleep?

How do I get a good night's sleep?

What makes us sleep?

Sleep and mental health

GENERAL TIPS FOR HAVING HEALTHY SLEEP HYGIENE



Go to bed and wake up at the same time every day (even on the weekends!)



Don't go to bed feeling hungry, but also don't eat a heavy meal right before bed



Avoid caffeine consumption (e.g., coffee, soft drinks, chocolate) starting in the late afternoon



Develop a relaxing routine before bedtime – ideas include bathing, music, and reading



Expose yourself to bright light in the morning – sunlight helps the biological clock to reset itself each day



Reserve your bedroom for sleeping only – keep cell phones, computers, televisions and video games out of your bedroom



Make sure your bedroom is conducive to sleep – it should be dark, quiet, comfortable, and cool



Exercise regularly during the day



Sleep on a comfortable mattress and pillow



Don't have pets in your bedroom



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FURTHER INFORMATION

**NHS – Healthy sleep
tips for children**

**Every Mind Matters
– Understanding
Sleep Problems**

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OTHER SERVICES

Sleep
Scotland

YOUNGMINDS
fighting for young people's mental health

Parenting
across Scotland

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

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