Different sleep problems

It may be that you're having trouble to sleep, nightmares when asleep, waking too early or poor quality of sleep (i.e. restlessness/disturbed sleep).

Be aware that drink and drugs affect sleep patterns too!

Often the solution to these problems lies in our own hands. Simple changes can make a big difference. Think about your sleeping/bedtime habits.

What simple changes can you make?

Useful Contacts

- Insomnia Helpline: **020 8994 9874**

- Home - Teen Sleep Hub: **https://teensleephub.org.uk**

- Sleep Problems | Mental Health Support | YoungMinds **www.youngminds.org.uk/young-person/my-feelings/sleep-problems/**

- Sleep problems - Every Mind Matters - NHS **www.nhs.uk**

For More Information:

If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

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YOUNG PEOPLE'S PROJECT

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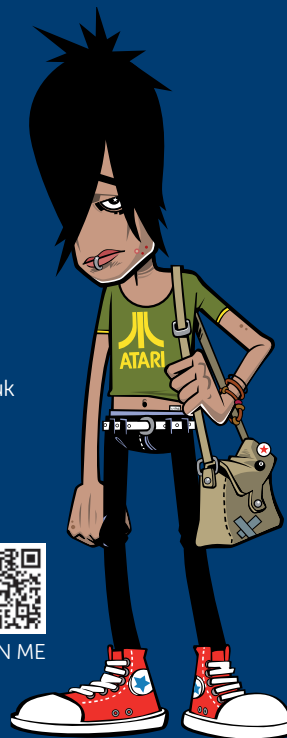 @streetwisenorth
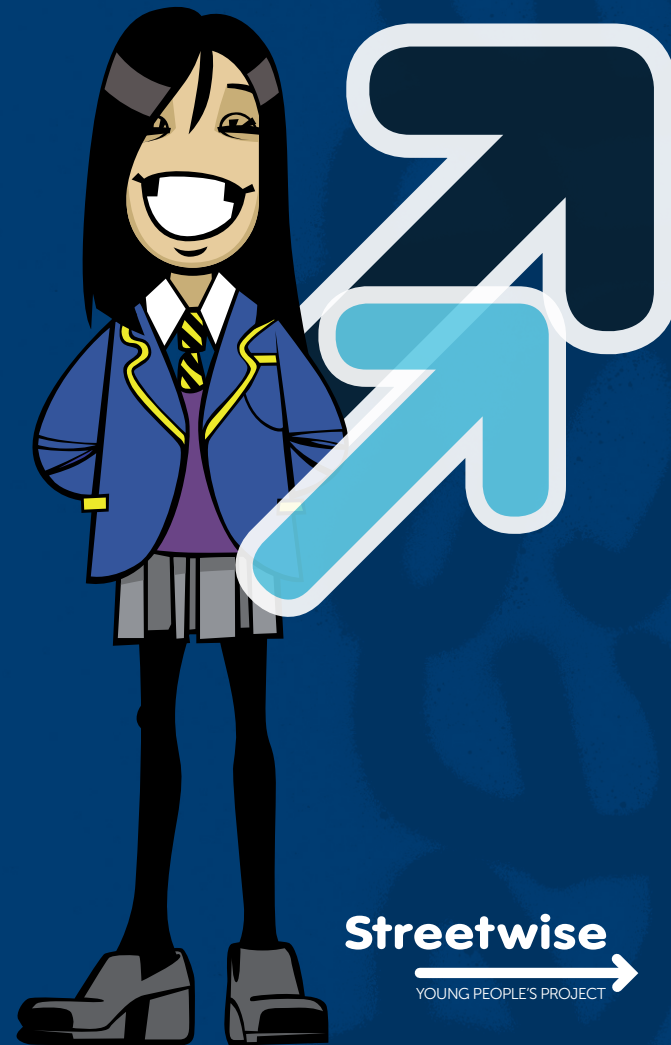 @streetwisenorth
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SCAN ME

The Streetwise guide to
Sleep

Streetwise
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Sleep is important

In order to stay healthy, you need keep your mind and body rested and strong.

Your body has a lot of work to do during the night whilst you sleep.

Sleeping well = healthy body & mind

How much sleep do I need?

Young People typically need around 8 to 10 hours sleep per night.

This varies from person to person.

Listen to your body and make sure you rest.

What if I don't get enough sleep?

Lack of sleep can affect your memory and inhibit your creativity. This could impact on your ability to study or work.

Not enough sleep can lead to you feeling irritable, affecting your confidence and your mood.

It affects you physically too, affecting the way you look and how energised you feel.

So why am i having trouble sleeping?

There are a number of reasons why sleep difficulties develop.

→ Stress.

→ Anxiety.

→ Low mood and depression.

→ Loss and bereavement.

→ Disrupted sleep routines and unhelpful surroundings.

→ Physical discomfort.

Whatever is going on in your life and the way you're feeling all affect sleep (or lack of it!) Stop and take a look at your life. Make sure its balanced.

If you're having trouble sleeping:

The worst thing you can do is try to force yourself to sleep. Tell yourself it's okay and you will get to sleep eventually…. Even if you are lying in bed awake your body is still getting some much-needed rest.

- Establish a pre-sleep routine for example have a warm bath, clean your teeth, listen to a podcast or read a book.

- Try and get into a routine of going to bed and getting up at set times. Even if you didn't sleep well, get yourself up at this set time.

- Avoid taking a nap in the day.

- Stay away from bright lights before going to bed. Turn off TV/Computer/ phone/tablet as it will only stimulate your brain and you are trying to relax!

- Try to have some time away from social media before going to bed, so your mind can unwind, rather than taking on new content.

- Think about putting your phone/ tablet outside of your room or put it in 'do not disturb' or 'sleep modes'

- Make your bedroom a nice place to be. Ideally make it quiet, dark and a little bit cool.

- Avoid alcohol, caffeine and nicotine before bed as they are stimulants. If you need to drink, make sure it decaf or water.

- If you are worried about things, get it out of your head and write it down.

- Exercise during the day as it's a great stress buster and helps you sleep.

- Remember, try not to worry about not getting enough sleep….