MHST

Mental Health in Schools Team
Tips For Wellness

Sleep

Our bodies need sleep and rest to help us function every day. When we are sleeping, it gives our brain and body time to repair and regenerate, re-energise and improve our motivation. We also need sleep to be able to process information, problem solve, learn new things and concentrate (you might notice you find it particularly difficult to focus at school after a bad night's sleep!) Sleep also benefits our mental wellbeing, by helping us to regulate our emotions and mood.

It is important to find time for our brain to completely 'switch off' and rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

Our tips for improving sleep:

1. **Maintain a regular sleep schedule** – this includes going to bed around the same time every night, as well as waking up at a similar time every morning (even on weekends!) Sleeping in later than normal can disrupt the body's circadian rhythm, which can lead to more tiredness.

2. **Create a calming environment** - dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep.

3. **Reduce electronics** – using electrical devices before bedtime is one of the main reasons we have sleep difficulties. The light exposure on the screens can trick our brain into thinking it is still daytime, which stops our body from being able to wind down and feel tired! Turn devices on night mode or leave outside your bedroom to limit temptation.

4. **Minimise daytime naps** – napping during the day can make it harder to fall asleep at night, they also break up sleep (which means lower quality sleep and fewer benefits).

5. **Complete homework after school** – getting stuck into homework tasks before bed can delay tiredness, as our brains are busy trying to concentrate! Try to do activities that relax you before bed, to help you switch off from schoolwork.

6. **Spend time relaxing** – you may want to have a shower or run a warm bath, listen to calming music, read a book, journal or keep a diary from the day, stretch, meditate, or spend time with a pet.

7. Scan the QR code for more helpful information and **sleep tips!**

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.