

Sleep Hygiene

Sleep hygiene is a term used to describe good sleep habits, which are things you can do to give yourself the best chance of a good refreshing sleep. Most of these things are common sense, but in the hustle and bustle of modern life, are often neglected. After a very busy 1st term, with some very tired students and staff, I thought I'd share a few tips to assist



- It is not good to frequently change the **times** you go to bed and get up
- Children and teens who spend time watching television, playing video games or using the computer right **before bedtime** are likely to take longer to fall asleep than those who watch less or none
- The hour before going to bed should be used to **wind down** and do more relaxing things
- Try to have your dinner at least **two hours** before going to bed, but have a small snack before bed if you are hungry
- Don't have things in the bedroom that **distract** you from sleep i.e. mobile phones
- Getting **sunlight** during the day will help you to sleep better at night
- Regular exercise
- Most adults need 7-9 hours of sleep a day. Children and teenagers may need **10 or more** hours a night
- **Naps** in the evening can make it hard to get to sleep at night

Thank you,

Andrea Pereira

School Health Nurse



SCHOOL HEALTH NURSES

Better health for better learning

