

A regular routine will help your body prepare for sleep

Daytime:

- Spend time outside – helps create Melatonin which helps you to sleep as it is produced when natural daylight changes
 - Exercise – helps get rid of tension and stress and burns up excess energy
 - Avoid napping or dozing during the day
-

After school:

- Get homework done
 - Organise bag for next day
 - Eat early enough to digest your food
 - Avoid any drinks with caffeine or sugar
-

Getting ready for bed/sleep:

- Try having a relaxing bath
 - Switch off electrical gear – phones, tablets, consoles...their light interferes with melatonin production
 - Spend an hour 'winding down'
 - Read a book or listen to relaxing music
 - Stick to regular times for routine to set your body clock
-

Top tips:

- Avoid late nights and over long lie-ins at the weekend – impacts on your routine and body clock
- Keep a sleep diary
- Aim for 9 hours or more