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 melanin 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