

# SLEEP DISTURBANCE

Good quality sleep is important for physical and mental wellbeing.

A lack of good quality sleep can have the following impact on our thoughts and feelings:

## FEELINGS:

- ~ tired
- ~ irritable
- ~ lacking energy
- ~ tearful
- ~ overwhelmed
- ~ hopeless

## THOUGHTS:

- ~ low mood
- ~ negative thinking
- ~ lack of focus
- ~ trouble concentrating
- ~ isolated
- ~ lower self-esteem

## PHYSICAL SYMPTOMS:

- ~ headaches
- ~ lack of energy
- ~ restlessness
- ~ susceptible to illness

# TROUBLE WITH SLEEP?

Sleep disturbances can happen in several ways:

- ⊗ difficulty falling asleep
- ⊗ intermittent sleep (waking several times during the night) and failing to have enough of a deep sleep time
- ⊗ disturbed sleep (waking and not being able to get back to sleep)



# HOW TO HELP YOURSELF

## DID YOU KNOW?

A minimum of 8-9 hours of sleep is recommended for teens.

- ✓ the light from smartphones and tablets interferes with sleep, so aim to have 30 minutes of screen-free time before sleep
- ✓ cut out sugary drinks 4 hours before sleep
- ✓ don't binge before bedtime
- ✓ exercise regularly, but not too late in the day
- ✓ a cool, dark, quiet room is best for a restful sleep (use ear plugs if needed)
- ✓ avoid long lie-ins at the weekend as this upsets your body clock and limits your time out in daylight (essential for good wellbeing)

## GOOD SLEEP ROUTINE

Doing the same relaxing things in the same order and at the same time each night helps establish a good sleep routine.

- ☑ a warm (not hot) bath to relax
- ☑ keep the lights dim as this helps the body to produce melatonin (sleep hormone)
- ☑ a milky drink can help relaxation as it has a natural sedative within it
- ☑ close the curtains - or blackout blinds - to block out any light
- ☑ once in bed, read or listen to music

## SEEKING EXPERT HELP

Seek help if you have tried all the advice given in this leaflet and you are still suffering from lack of sleep or low quality sleep.

Seek help from:

- ~ a parent or carer
- ~ your form tutor
- ~ any teacher you trust
- ~ Mrs Del Grande or Mrs Turner

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This leaflet was produced as part of the Future in Mind initiative, in conjunction with the NHS Wakefield.

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SLEEP  
TROUBLE