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Keep a Sleep Diary

Sleep diaries can help us identify when sleep has been poor and the possible reasons why.

Try recording your sleep in a diary or notepad in the evening and morning for at least a week to get a good picture of your sleep patterns.



Get creative! Draw, use stickers, images, or colours that make you feel good.

A sleep diary should include:

- What time you go to bed and get up
- How many times you wake in the night, for how long and what you do during this time
- Overall quality of sleep, ranked 1-5
- Any food or drink that may have badly impacted or helped you sleep that night
- Any relaxation apps you used that you liked or didn't like
- Any distraction techniques you tried that you liked or didn't like

At the end of the week, notice anything that may have led to poor sleep or helped you sleep better.

Relaxation apps



Distraction techniques



Helpful support around sleep and other worries

If you require additional support around sleep then contact:

Sleep Action

sleepsupport@sleepaction.org | sleepaction.org

Sleep Action Sleep Support Line can offer sleep advice and support to any young person living in Scotland.

For sleep and other support around mental health and wellbeing contact:

Breathing Space

0800 83 85 87 | breathingspace.scot

Confidential out of office hours telephone line for people experiencing low mood anxiety or depression.

Samaritans

116 123 (Freephone) | samaritans.org

To talk about anything that is upsetting you, you can contact Samaritans by phone, webchat or email 24/7.

Shout

Text 'Shout' to 85258 | giveusashout.org

A 24/7 crisis text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.



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Sleep
ACTION

SAMH
Scottish Action for Mental Health

Managing good sleep

A guide for young people



SAMH
Scottish Action for Mental Health

What causes sleep problems for young people?

It can be hard being a young person.

You have lots going on in your lives around school, friendships, identity, looking to the future and dealing with big life events.

This along with increased time online, whether gaming or social media, means our heads at times can feel quite full.

Too much going on at once can lead to stress and worry, which in turn can lead to anxiety, low mood and other mental health problems. It can also affect our ability to switch off, relax and sleep well.

Poor sleep impacts on our concentration, energy levels and even our mood.

Sleep Action's 10 steps to better sleep

1 Find out if you're sleep-deprived

How you're feeling during the day can tell you whether you need to change your sleep habits. Lack of sleep makes it harder to remember things at school and worsens reaction times when playing sport or gaming.



Checklist for sleepy teens

2 Work out when you need to go to bed

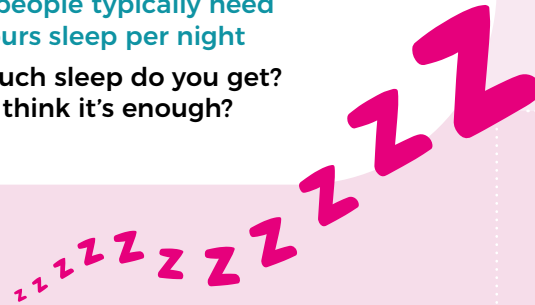
Think about when you need to get up in the morning and count back the number of hours of sleep you need. For example, if you need to get up at 8 am, you should aim to fall asleep by 10:45-11:00 pm.



9-10 hours

Young people typically need 9-10 hours sleep per night

How much sleep do you get?
Do you think it's enough?



3 Pay attention to what you do in the day

We fall asleep at night because of our body clock. If this gets knocked out of its natural rhythm, it's harder to drift off.

Try to go to bed at the same time each night, and don't nap during the day.

Try to get outside into natural light for at least 30 minutes, have meals at roughly the same times and exercise daily.

4 Have a wind-down hour

The last hour before bed is a vital time to prepare your body for sleep. It's also your time to set aside the stresses of the day and relax. Switch off your TV, computer, phone and gaming console. Have a bath, read, listen to relaxing music, or try a relaxation technique.



Relaxation techniques

8 Think about your bedroom

The environment you sleep in can have a massive effect on how easily you fall asleep. Keep your bedroom uncluttered, dark and cool and use low lighting in the hour before bed.

9 Talk to Sleep Action

If you're still struggling, or need more information, contact Sleep Action for support (details on back page). You can also speak to your GP if you think your sleep problems are caused by heavy snoring, difficulty breathing, or sleepwalking.

5 Put away your tech

Too much light in the evening from TVs, phones or computers will delay you feeling sleepy. Social media stimulates your brain at a time when you need to wind down. Put tech away at the start of wind-down hour and try not to check it overnight if you wake up.

6 Manage anxiety

Feeling stressed or anxious can also affect our sleep patterns. Who can you talk to? Reach out to a friend, trusted adult or contact one of the help organisations on the back of this leaflet for support.

7 Think about what you eat and drink

Some foods and drinks contain ingredients that can affect sleep. Caffeine can stay in your system for up to 10 hours so try to avoid too much of it, especially during the second half of the day. Alcohol, nicotine, drugs and even overly sugary things can affect your sleep.

