

My sleep workbook

for secondary
aged students



Aims and goals:

- To understand more about sleep
- To think about what can affect my sleep
- To be able to improve my sleep routine
- To think about what makes a good sleep environment

How to use this workbook

This workbook has been designed to support young people to explore what may be affecting on their sleep and consider positive changes that could be made to their sleep routine and environment.

Throughout the booklet there are exercises and tasks to try out. Each one of these will have a pencil next to them as a reminder for you to complete.

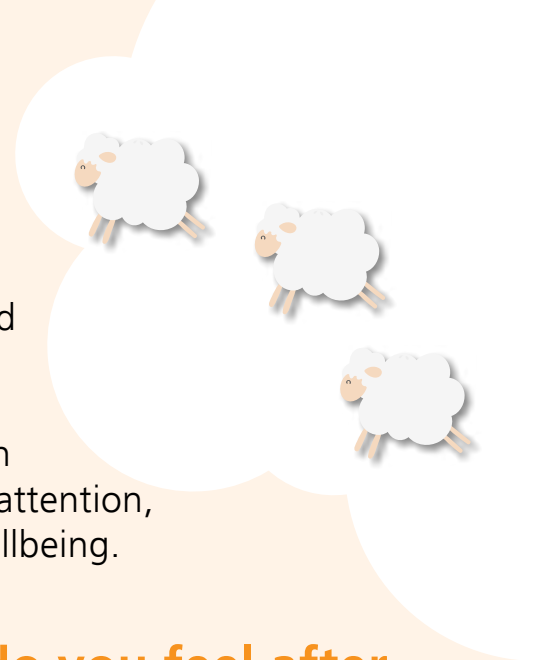
If at any time you feel that you need further support, please see the numbers at the back of this workbook or contact your GP, school nurse, speak to a teacher at school or a parent/carer for support.



Why do we need sleep?

When we sleep, our body works to support healthy brain function and maintain your physical health. In children and teens, sleep also supports growth and development.

During sleep, important connections are made in the brain because of new experiences. Lack of sleep can affect our attention, concentration, memory, physical health and emotional wellbeing.



How do you feel after a bad night's sleep?

How do you feel after a good night's sleep?

The science behind sleep

Circadian rhythm

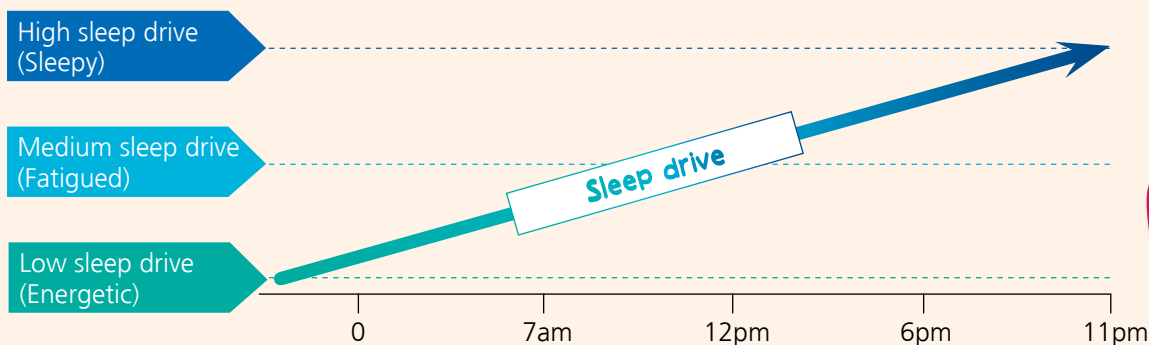
The circadian rhythm is a 24 hour cycle that is our bodies internal clock. The circadian rhythm is in charge of our daily cycles: sleep and wakefulness, hunger, hormonal activity and other bodily processes.

During the day time when it is light, the hormone serotonin is released which helps us to feel awake. During the night, when it becomes dark the hormone melatonin is produced. We call this our 'sleepy hormone'. It makes us feel tired and helps us to sleep through the night.

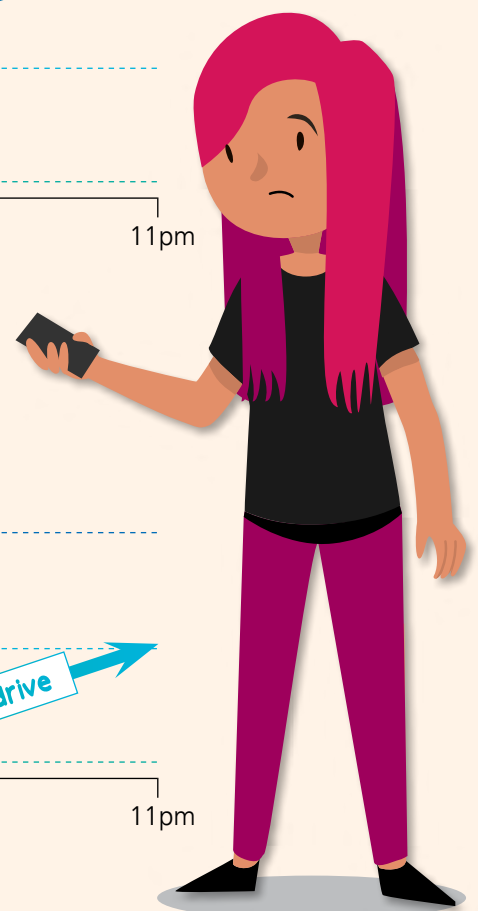
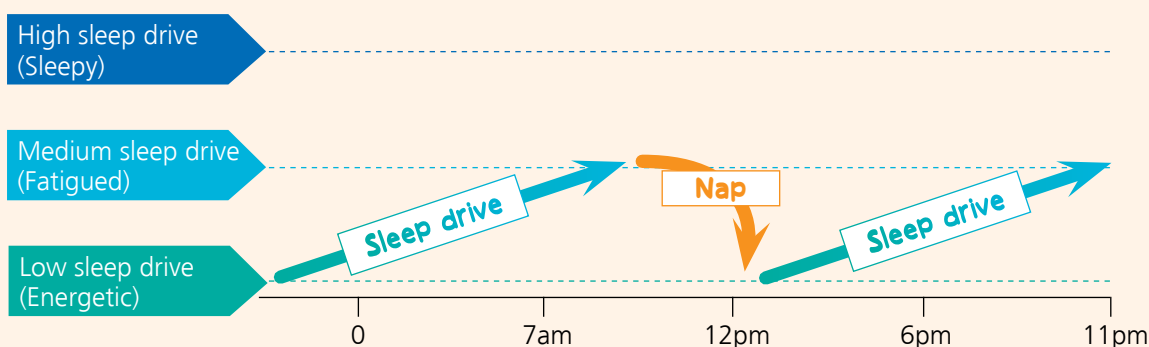
Sleep Drive

Our sleep drive is what makes us want to sleep.

Our sleep drive fills up throughout the day, to make us feel tired and ready to sleep in the evening.



Sleeping at the wrong time (day time naps or sleeping until late in the day) can confuse our sleep drive and leave us unable to sleep at night.

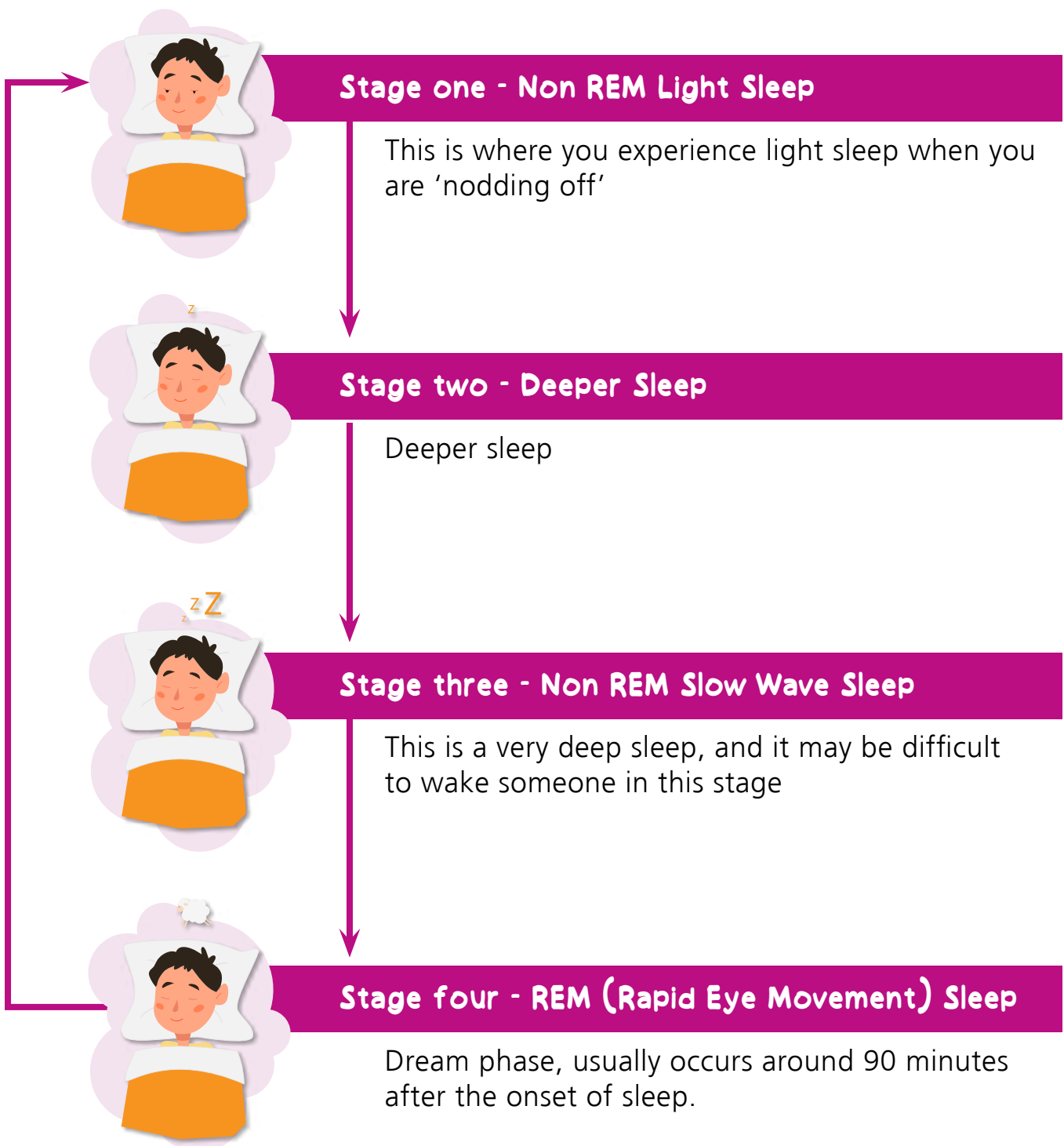


Stages of sleep

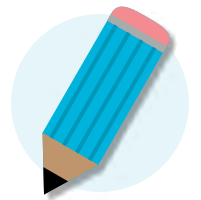
As humans we all have short periods of time during the night where we wake up.

We often do not remember these short wakings that happen unless something has changed in our environment to cause us to wake fully. Sleep occurs in a cycle as we pass through different stages throughout the night.

These are the stages we move through during our sleep.



What can affect our sleep?



There are lots of things that can affect someone's sleep. This can be different for each individual and may change over time. Below we have included examples of things that may affect sleep.



Write down things that help with your sleep and things that make it more difficult for you to sleep?

Things that improve my sleep

Things that make it difficult to sleep

How much sleep do I need?

Young people of different ages need different amounts of sleep. The table below gives an overview of the amount of sleep that is recommended on a regular basis.

Recommended sleep time in 24 hours		
Age	Children 1 to 2 years	11 to 14 hours sleep including naps
	Children 3 to 5 years	10 to 13 hours including naps
	Children 6 to 12 years	9 to 12 hours
	Teenagers 13 to 18 years	8 to 10 hours

What happens if you can't sleep?

If you have been finding it difficult to sleep, you could ask a parent/carer to help you keep a sleep diary to track how many hours of sleep you are getting per night.

Keeping a sleep diary can be one way to track what time you are falling asleep, waking up and how much sleep you are getting. Using this alongside the table of recommended hours of sleep will help you to work out a reasonable bedtime. There is a diary for you to use on the next page, and here is an example of how to fill it in.

Date	Day 1	Day 2	Day 3
What time did I wake up?	6am	6am	
Did I have any naps? What time and how long for?	1 nap, 6pm for 20 mins	No	
What time did I start my bedtime routine?	8pm	8pm	
What time did I get in to bed?	9pm	9pm	
Did I settle myself to sleep?	No	Yes	
What time did I fall asleep?	11 pm	9.30 pm	
How many times did I wake up during the night? How long for? Where did I go back to sleep?	3 times. 1 hour each time. In my mums bed.	1 time. 30 minutes. Stayed in my bed	
Total hours of sleep	4 hours	8.5 hours	

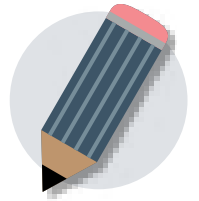


My sleep diary



Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What time did I wake up?							
Did I have any naps? What time and how long for?							
What time did I start my bedtime routine?							
What time did I get in to bed?							
Did I settle myself to sleep?							
What time did I fall asleep?							
How many times did I wake up during the night? How long for? Where did I go back to sleep?							
Total hours of sleep							

What if I have racing thoughts?

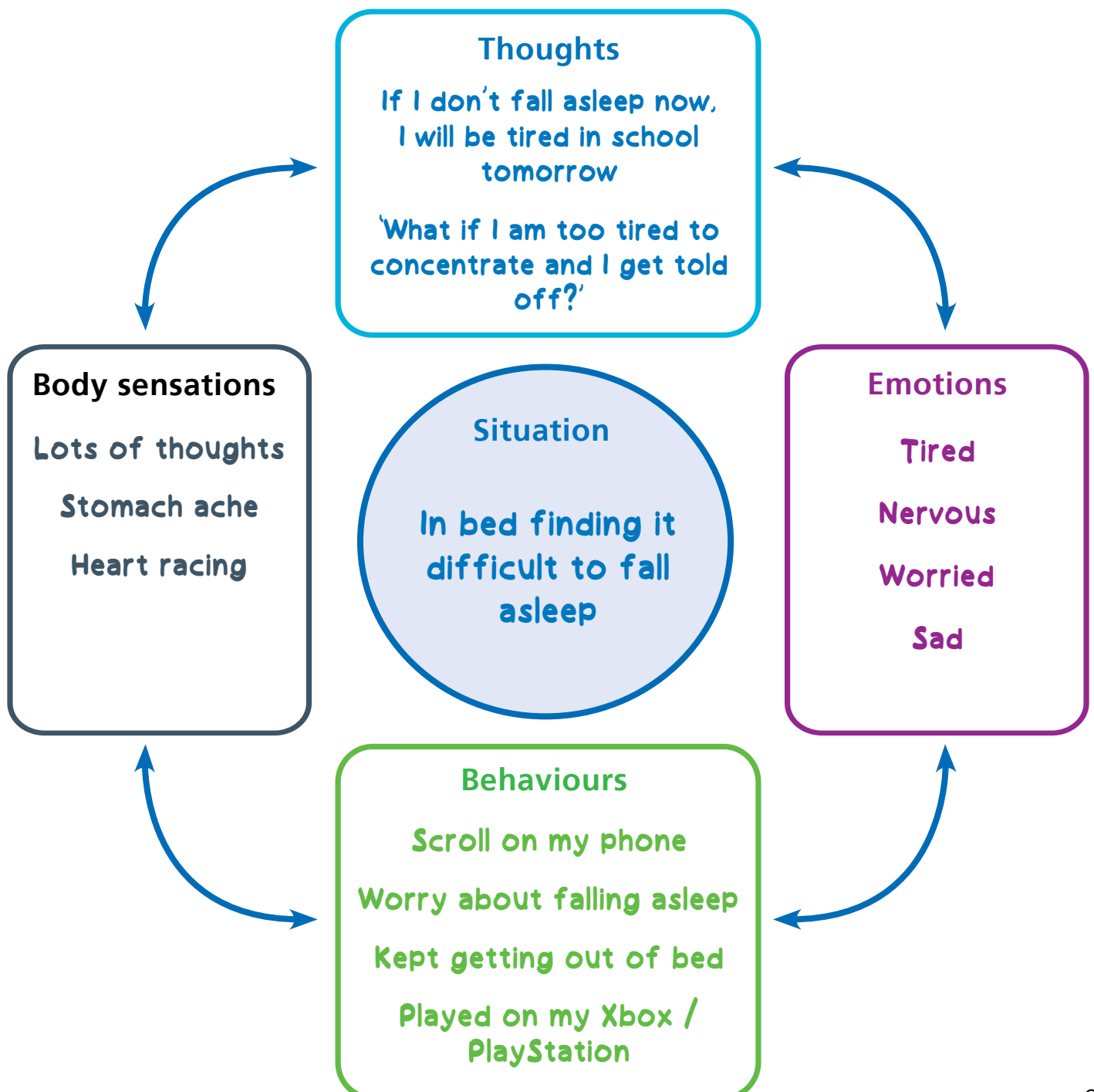


If I don't fall asleep now? I will be tired in school tomorrow.

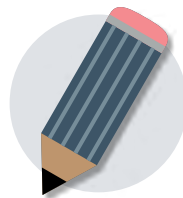
What if I am too tired to concentrate and I get told off?

What if my mood and anxiety are making it hard for me to sleep?

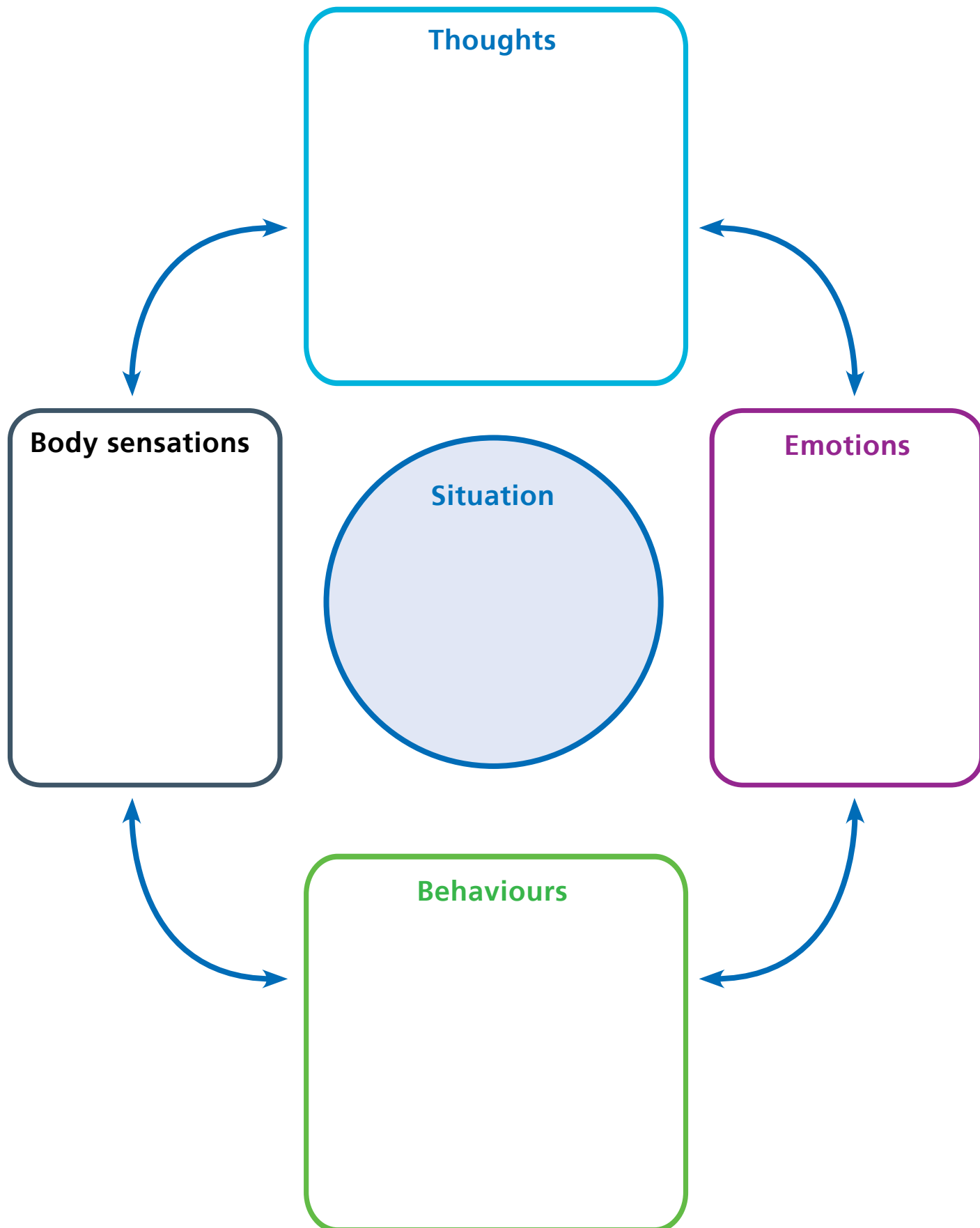
Sometimes when we are experiencing difficult feelings it can make it hard to sleep. It can cause us to fall into a cycle when trying to get to sleep. It is important to remember it is perfectly normal to experience this and we will all have times when we feel this way, but that this cycle can be broken! Here is an example.



How does your sleep cycle look?



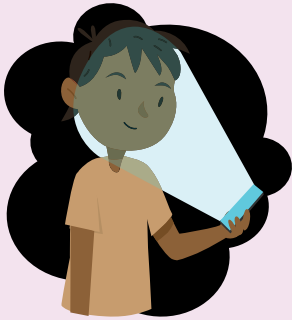
What is bothering you? Using the example on the previous page to help, let's break down your difficult thoughts. You can fill in as many of these as you need.



Top tips for good sleep, and things to avoid!

Everyone has times in their life when they don't sleep well. Here are some top tips of things to avoid to try and help you get into a good sleep routine.

Consider reducing your screen time in the hour before bed



Screens and sleep

We know already that when it gets dark our bodies produce the sleepy hormone melatonin. Your devices and screens produce blue light which can affect the production of melatonin and make it more difficult for you to fall asleep.



Naps

Napping throughout the day, especially later in the day, can make it difficult to fall asleep at bedtime.

We looked earlier in this booklet at your sleep drive, naps throughout the day will affect this and use up some of your sleepy hormone melatonin before bedtime!



Caffeine

Try to avoid having too much caffeine. Caffeine is found in products such as tea, coffee, energy drinks. Avoid drinking these too close to bedtime.

Nicotine

Nicotine is found in cigarettes, e-cigarettes and vapes. Nicotine is a stimulant so may affect your sleep.

Alcohol

Alcohol can disrupt your circadian rhythm (body clock), it causes us to spend less time in REM sleep which is the deepest part of our sleep so may lead to us waking more or having poorer quality sleep.

Top tips for good sleep!

Everyone has times in their life when they don't sleep well. Here are some top tips of things to help you get into a good sleep routine.



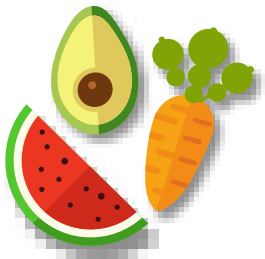
Routine

Keeping a good routine not only at bedtime but also throughout the day can help our body clock.



Exercise

Exercise is a great way to burn energy and make us feel tired. It is important to get enough outside time and exercise during the day. However, try not to exercise or play too close to bedtime as it may make it more difficult to settle to sleep. Maybe consider how you could incorporate exercise/time outdoors into your daily routine.



Food

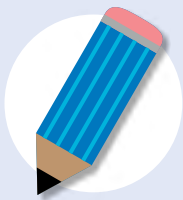
Too much sugar can make it difficult for us to fall asleep as it gives us more energy, but we can also struggle to sleep if we have not eaten enough throughout the day and go to bed hungry. Consider your dietary intake throughout the day and avoid sugary food at bedtimes.

There are also some foods known as 'sleepy foods' that help our sleep, such as: almonds, bananas green leafy vegetables, whole grain cereals.



It is important to look at the amount of time you spend in bed awake compared to asleep.

We need our brains to see our bed and link this with going to sleep. It is therefore recommended not to do activities such as revising, homework, scrolling on your phone in bed.



Trying it out

REMEMBER!

Any changes may take time to improve your sleep. Try each tip consistently for 2 to 3 weeks to see a difference.

Is there anything you are currently doing within your routine that you think could be impacting on sleep?

Have you found any changes you would like to make? Do you need any help to do this? If so, who will help?

Calming exercises

Consider relaxing activities in the run up to bedtime. This could be things such as:

Drawing

Colouring

Reading

Journalling

Listening to music

Jigsaws

Meditation

Mindfulness



Making a sleep plan



What time will I start my bedtime routine?

What will I do as part of my bedtime routine to get myself and my environment ready for sleep?

If I can't sleep, I will try...

Things that are worrying me or affecting my sleep?

I can manage these worries by...

Relaxation and coping strategies



What would someone else say?
Is this fact or opinion?
What is a different way of looking at this?

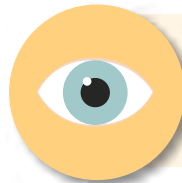
When your mind wanders on to negative thoughts and worries, bring yourself back to the present.

Accept that you are having bad thoughts, try to challenge them (what would someone I trust say? What's another way of looking at this? Is this fact or my opinion?) and then concentrate on other things.

You can do this by distracting yourself. Here are some ideas how you can do that.

Grounding

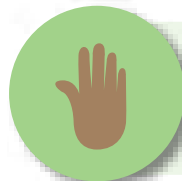
Grounding is an exercise to focus on your senses. Can you name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste?



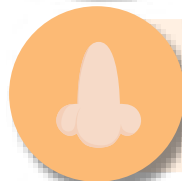
5 things I can see



4 things I can hear



3 things I can touch



2 things I can smell



1 thing I can taste

Fun to
do with
friends

a b c d

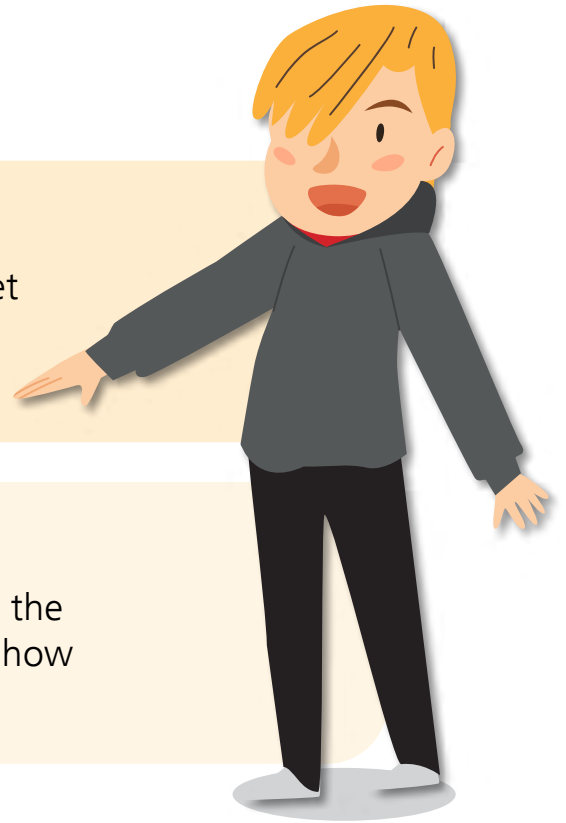
Letters game

Go through the alphabet and name countries, animals, and food!

1 2 3 4

Counting game

Pick a number, add it to the number before and see how far you get!



Other things you could try

Have a relaxing bath

Try cooking or baking

Message your best friend

Watch your favourite movie or TV show

Listen to music

Doodling or drawing on paper

play a game

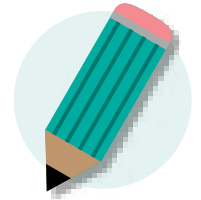
Write in a journal or write a letter

Read a book

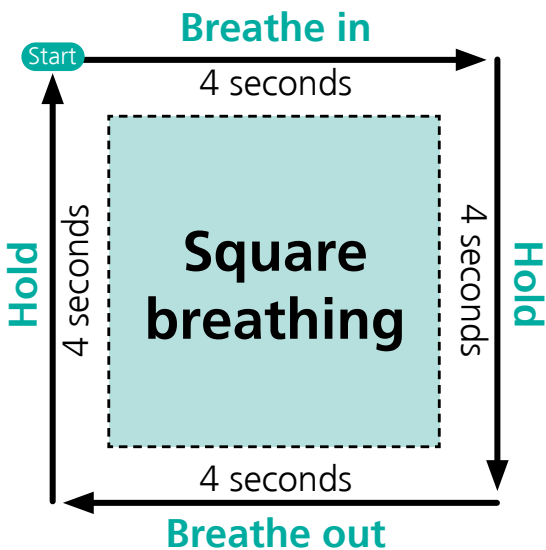
Do some exercise; go for a walk, go outside, walk your dog



Relaxation

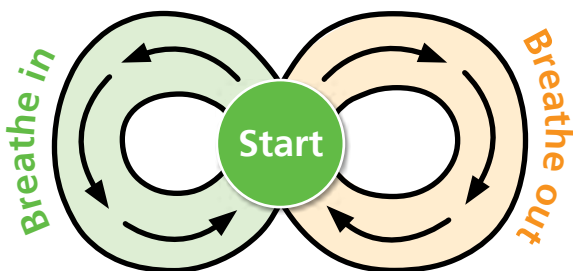


We can use relaxation methods to help manage the physical sensations we experience in our bodies and calm strong feelings. Here are a few methods to try



Square breathing

- Step 1:** Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of the air filling your lungs.
- Step 2:** Hold your breath for another slow count of four.
- Step 3:** Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.
- Step 4:** Hold your breath for the same slow count of four before repeating this process until you feel calm.



Lazy eight breathing

Trace the lazy eight with your finger starting in the middle and taking a deep breath in through your nose. As you cross over to the other side of the eight slowly let your breath out through your mouth. Keep breathing around the lazy eight until you feel calm.



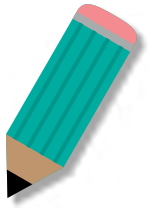
Colour breathing

Visualise your colour either in the form of a light or a mist. Here is an example.

Blue = Calm. See it in front of you around you and enveloping you. As you breathe become aware of the colour; imagine the colour spreading throughout your body and notice the effects it has.

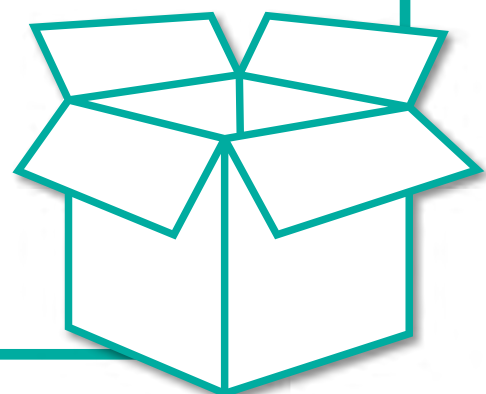
If you want, you can breathe out a negative colour such as **Red = Anger** and feel this emotion leaving your body.

The Self soothe box

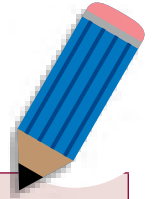


A self soothe box is a useful tool to use when you are feeling a variety of emotions including sadness and worry. It is personal to each individual and can be kept throughout their life and continuously updated.

Draw and write down the things that you might put in your self soothe box to help keep you calm, don't forget to think about your five senses; **see, hear, smell, taste** and **touch**.

A large, empty rounded rectangular box with a teal border, intended for drawing and writing. The box is mostly empty, with a small illustration of an open cardboard box in the bottom right corner.

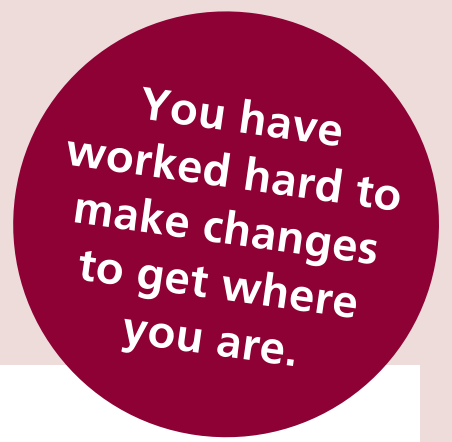
Reviewing progress



What top sleep tip did I try?	Did this help my sleep? Rate out of 10.(1 = no, 10 = yes)	What will I do differently next time?

My staying well plan

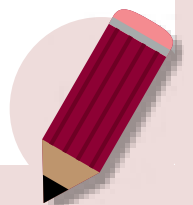
Now that you have had time to work through and consider the information in this booklet, let's review any progress that has been made.



What have I found useful for my sleep by completing this workbook?

How will I notice if difficulties with my sleep are not improving or are getting worse?

What will I do if my sleep worsens or gets tricky again?



Is there anything related to my sleep that I would like to keep working on?

Where else can I get support with my sleep?

If you continue to experience difficulties with your sleep, support can be accessed from:



www.thesleepcharity.org.uk



www.teensleephub.org.uk

Your
GP

School
Nurses



ADDvanced Solutions
Community Network
Supporting you to find the answers

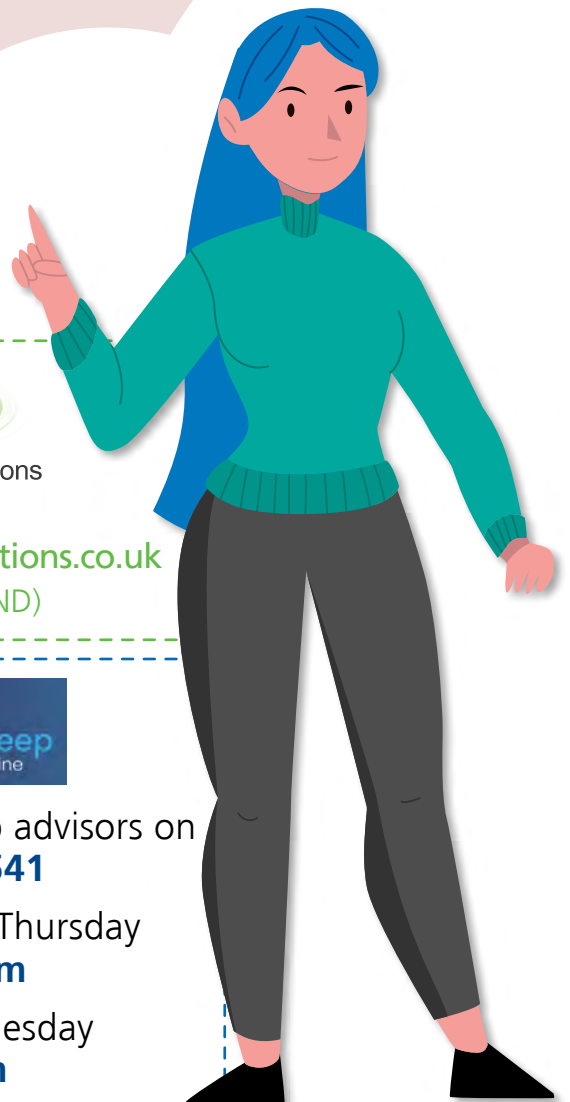
www.addvancedsolutions.co.uk
(Sleep and SEND)



Speak to trained sleep advisors on
03303 530 541

Monday, Tuesday, Thursday
7pm to 9pm

Monday, Wednesday
9 to 11am

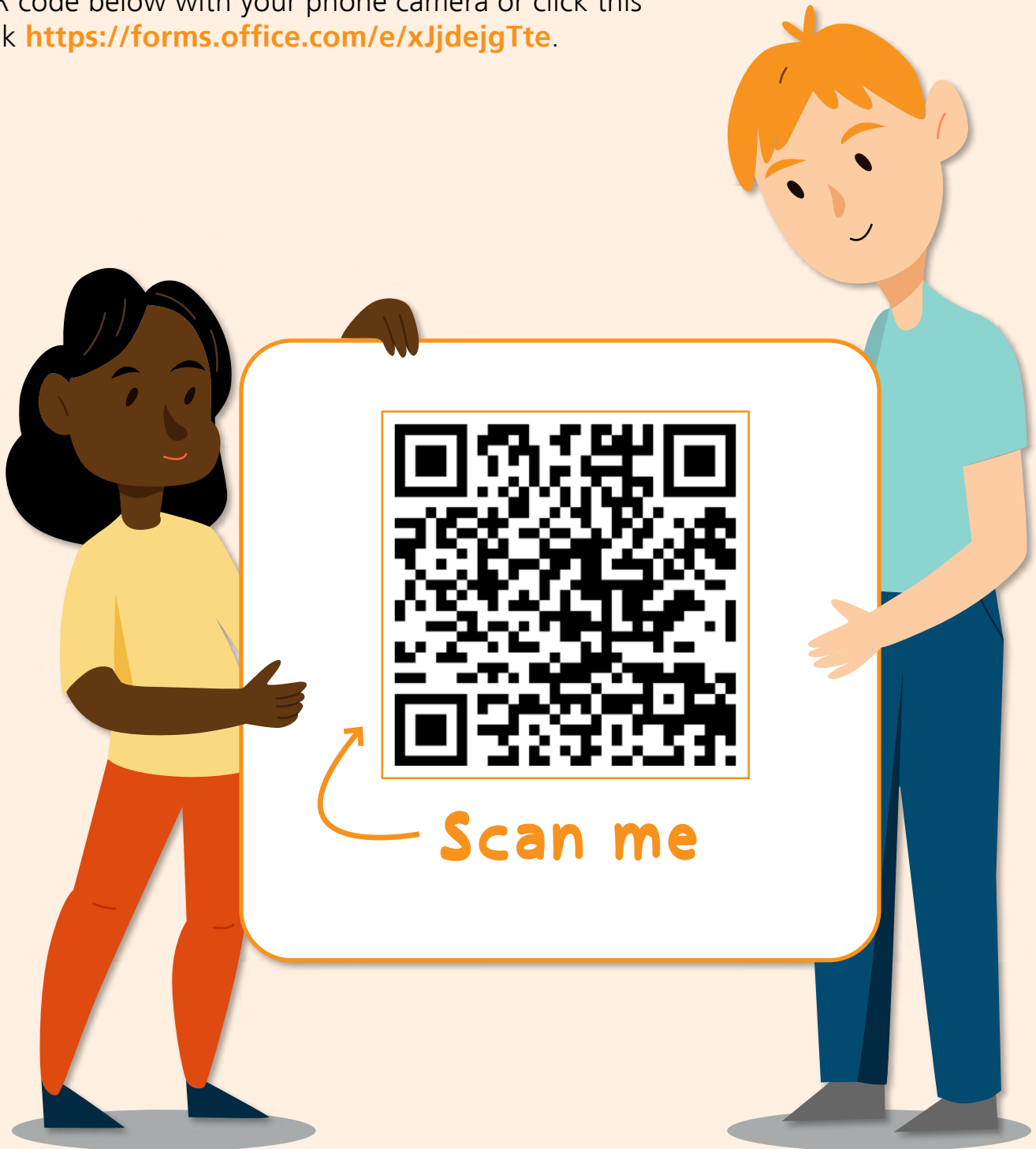


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If you have used any of our digital books, either a parent, young person or professional we would be grateful if you would please complete our quick survey.

The quickest and easiest way to do this is to scan the QR code below with your phone camera or click this link <https://forms.office.com/e/xJjdeJgTte>.



Useful websites and numbers



Do you need urgent help with your mental health?



Call **111** and select a mental health option

HOPELINE247
0800 068 41 41

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice contact **HOPELINE247**.

Call: **0800 068 41 41**
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SAMARITANS

116 123

YOUNGMINDS
fighting for young people's mental health

www.youngminds.org.uk

childline

0800 1111

Additional info

We have other workbooks available.
Please ask your local mental health support team.

We really appreciate your feedback to help us improve our service for you.
Please fill out a short survey once you have completed this workbook.