

# Child and Family Team



A Guide to Sleep

# Getting the Most from this Booklet

This guide to sleep is for young people and parents/carers.

It works well if you go through it together. But you can use it separately if you'd prefer.



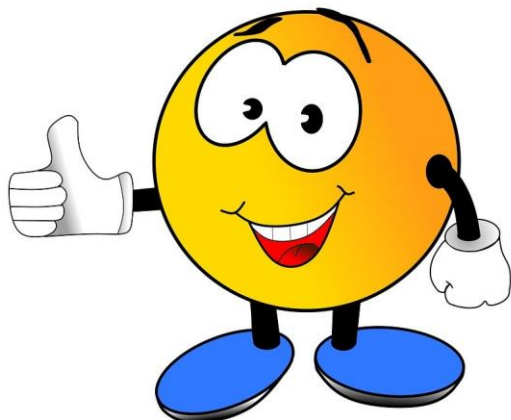
## Coloured Boxes:

Pages with a green box at the top are the ones designed for the young person.

Pages with an orange box at the top are the ones designed for the parent/carer.

Work through the booklet at whatever pace works for you.

We hope you find it useful.





## Sleep and Low Mood

When we feel low in mood we can start to notice changes to our sleep. Look below and circle any of the changes that you have noticed:

*Finding it hard to fall asleep*

*Waking up more in the night*

*Waking up earlier in the morning*

*Finding it harder to get out of bed*

*Sleeping in later than usual*

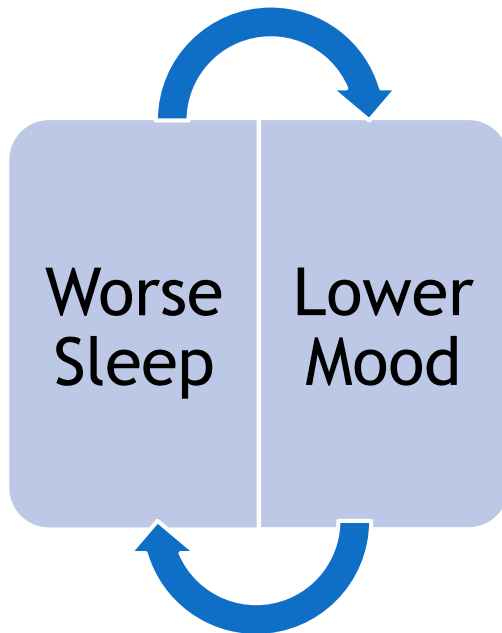
*Sleeping more in the daytime*

*Sleeping less at night-time*

Any other sleep changes you notice? You can write or draw them in the box below:



## Sleep and Low Mood



You have now picked out the ways that your sleep has changed since you have felt low.

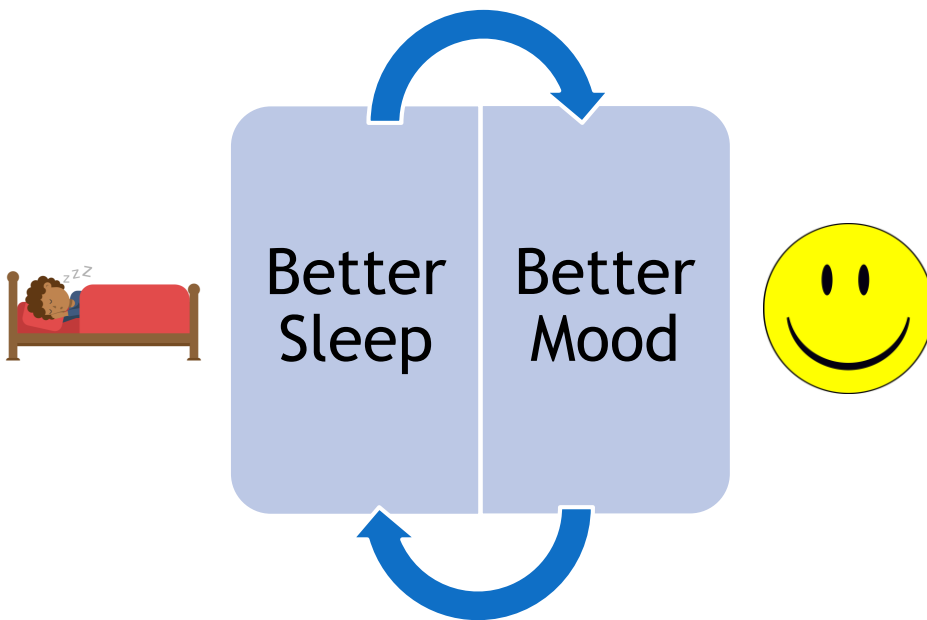
The picture above shows how those sleep changes and low mood affect each other. You can see that feeling low leads to sleep changes and that these sleep changes lead to even lower mood.

This is a really annoying cycle.



# What Can We Do About That?

If we are able to get better sleep, this can help to lift our mood. When our mood is lifted, it helps to improve our sleep even more etc.



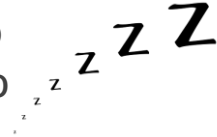
The thing is, it can be tricky to know how to get better sleep, especially when we are feeling low in mood.

So we want to show you some simple tips and tricks that can help you to get better sleep. We hope you find them helpful.



# Helping Yourself to Get Tired

It is hard to sleep if we are not tired. So here are some tips of how to help you to become more tired at night.



➤ **Get up earlier in the morning.** This will help you to feel more sleepy at night time.



➤ **Try not to nap in the daytime.** Naps can stop us from getting that nice sleepy feeling at night - so try to avoid them.

➤ **Keep active during the day.** This helps us to feel tired in the evening. Just try not to do any big exercise in the four hours before bed as this can make us more awake



➤ **Avoid caffeine in the late afternoon/evening.** Caffeine (found in chocolate and fizzy drinks, coffee, tea) makes us feel more awake, this can make it harder to sleep.

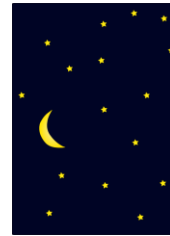


➤ **Don't eat a big meal before bed, but also don't go to bed feeling hungry.** Feeling hungry and being full up both make it harder to sleep.



## More Tips for Getting Tired

- **Have a nice relaxing routine before bed.** If you start to do this every night, it helps your body and your mind to calm settle down and can make you feel tired. There is more about this later in this booklet.
- **Go to bed in a dark room.** Our brains help us to get to feel sleepier when it is dark. If you don't like sleeping in the dark, try to use just a small night light that is not very bright - or just let a small amount of light in from another room
- ▶ **Sleeping where it isn't too noisy.** It can be hard to get to sleep when it's noisy. If you live in a noisy place, then maybe some earplugs might help. Or perhaps you could listen to some relaxing music.
- ▶ **Try not to use screens in bed.** The blue light from mobile phones and TV screens can trick our brain into thinking that it is daytime - this makes it harder to sleep.





## More Tips for Getting Tired

- **Only use your bed for sleeping.** Try not to do other things on your bed (e.g. playing computer games, resting). This is because when we do all these other things on our beds, our brain gets confused when it comes to bed time. It doesn't realise that we want to go to sleep. By keeping your beds just for sleeping, you will find it easier to sleep.







# Making the Changes



## One Step at a Time

It can be hard to make changes when you are feeling low. So, we do not expect you to try all of these things at once.

Instead, have a look at the tips, then pick just one or two that you think might be the most helpful to try.

Have a chat with your parent/carer and make a plan together about how you might make the changes and how they can support you.

Give the changes a go for a couple of weeks and see how you get on. Then you can come back and try out a few more ideas if you feel ready.



# Making the Changes

If your child is feeling low, it can feel hard for them to make changes to their lifestyle. So it is important not to overwhelm them with too many changes all at once.

With this in mind, have a chat with them about the sleep tips on the previous pages, and decide together on just one or two changes that feel most achievable.

Have a think together about how you can best support your child with the changes.

Give the changes a go for a couple of weeks and see how you get on. Then you can come back and try out a few more ideas if they feel ready.



## A Helping Hand

Some of the tips we have given you so far are quite simple and easy to try out. But some of them take a bit more time and effort to try.

Probably the two hardest ones are:

- ▶ Have a nice relaxing routine before bed
- ▶ Get up earlier in the morning

Even though they are tricky - they are probably the most important ones.

So over the next few pages we will give you a bit more support and advice to give you a helping hand to make these work for you.





# A Routine Before Bed

- ▶ Having a nice relaxing routine before bed is important. If you start to do this every night, it helps your brain to help you sleep.
- ▶ So in the 1-2 hours before you want to go to sleep, it is useful to include some relaxing things.
- ▶ Some examples are: having a bath/shower, changing into pyjamas, having a warm drink, watching TV, listening to something relaxing, reading.



Together you can use the space below to plan some ideas of things you might find relaxing before bed





# Getting Up Earlier In the Morning

We know that it can be hard to wake up earlier in the morning - so we have put together some ideas to help:

- ▶ Opening the curtains and letting in the light can really help
- ▶ Putting on one of your favourite songs
- ▶ Doing things that you like. This will be different for everyone. Some people like to make a nice breakfast, others like to go on social media or have a nice refreshing shower.



Together you can use the space below to plan some ideas to make getting up earlier feel a bit easier.

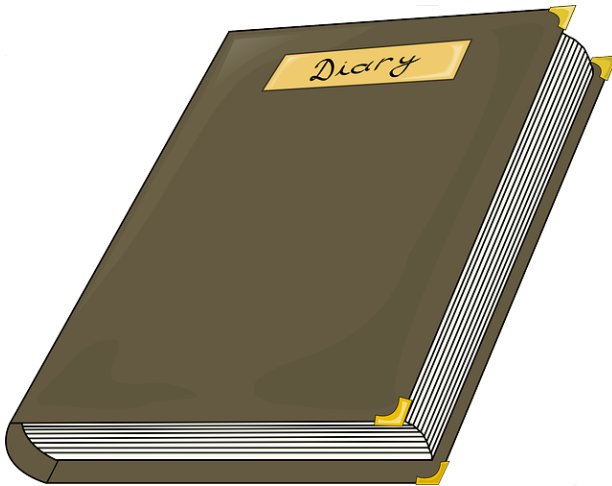


# Sleep Diary

At the back of this booklet, we have included some copies of a sleep diary.

We hope that you will use these to keep a record of your sleep. It will help you to keep a track of the new things you are trying and help you to spot any positive changes that you might start to notice in your sleep and your mood

If you want to, feel free to go ahead and make your own version of a sleep diary too.



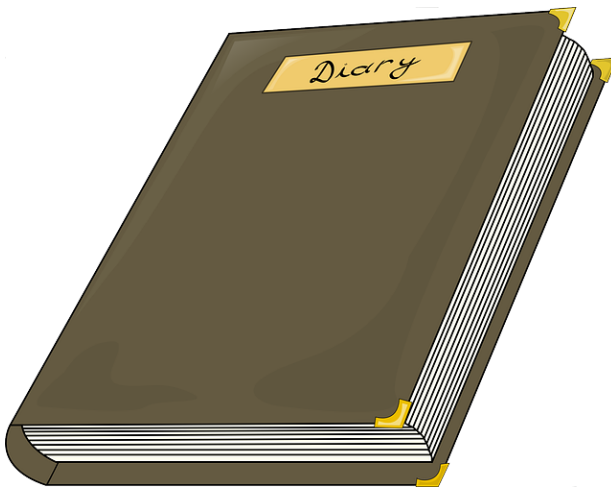


## Sleep Diary

At the back of this booklet, we have included some copies of a sleep diary. Its purpose is to help your child to keep a track of the new things they are trying and to spot any positive changes to sleep and mood that come about.

We have encouraged your child to complete these, but they might need some support. Helping them to customise the diary so that it works for them can be useful.

If they are particularly struggling to keep the diary, it might be useful if you could keep your own record of the sleep. This can then be used as a foundation for helping them to review their progress.





## Well Done

- ▶ You have now reached the end of this booklet. Well done for sticking with it. Hopefully you found it useful.







## Other Booklets

Take a look at the titles of our other booklets below. If you think you might find any of them helpful, just ask a member of our team for more information.

Anxiety – Child Workbook

Anxiety – Parent/Carer Workbook

A Guide to Thoughts and Mood

A Guide to Exercise and Mood

A Guide to Food and Mood

A Guide to Behavioural Activation

A Guide to Communication

Returning to School After a Break