

Different sleep problems

You might be having trouble getting to sleep, having nightmares when you're asleep, waking too early, or having restless or disturbed sleep.

Be aware that drink and drugs affect sleep patterns too!

Often the solution to these problems lies in our own hands. Simple changes can make a big difference.

Think about your sleeping and bedtime habits. What simple changes can you make?

Turn the page
for some ideas!



Useful contacts

National Sleep Helpline
0330 353 0541

Teen Sleep Hub
www.teensleephub.org.uk

YoungMinds
www.youngminds.org.uk

NHS
www.nhs.uk



Get more information

If you'd like more information about our services (including drop-in mental health support at Nook Newcastle and Gateshead) visit our website:

www.everyturn.org/cyp

Get in touch with us if you'd like to speak to someone about which support might be right for you:

Tel: 0191 217 3222

Email: CYPadmin@everyturn.org

Everyturn Children & Young People's Services
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Guide to sleep

For people aged 11-25



Sleep is important

To stay healthy, you need to keep your mind and body rested.

Your body has a lot of work to do during the night while you sleep.

Sleeping well = healthy body & mind

How much sleep do I need?

Young people usually need around 8-10 hours sleep each night.



This varies from person to person. Listen to your body and make sure you rest.

What if I don't get enough sleep?

Lack of sleep can affect your memory and inhibit your creativity. This could impact on your ability to study or work.

Not enough sleep can lead to you feeling irritable, affecting your confidence and your mood.

It affects you physically too, affecting the way you look and how energised you feel.

Why am I having trouble sleeping?

There are a number of reasons why you might have difficulties sleeping:

- Stress
- Anxiety
- Low mood and depression
- Loss and bereavement
- Disrupted sleep routines
- Unhelpful surroundings
- Physical discomfort

Whatever is going on in your life and the way you're feeling all affect sleep (or lack of it!). Try to get a good balance in life to help you get the rest you need.

The worst thing you can do is try to force yourself to sleep. Even if you're lying in bed awake, your body is still getting some much needed rest.



Getting better sleep

Here are some ideas that can help:

- Create a pre-sleep routine. For example have a warm bath, clean your teeth, listen to a podcast, or read a book.
- Try to get into a routine of going to bed and getting up at set times, even if you haven't slept well.
- Avoid taking a nap in the day.
- Stay away from screens or bright lights before going to bed, as they'll only stimulate your brain when you're trying to relax!
- Have some time away from social media before going to bed, so your mind can unwind, rather than taking in new content.
- Think about putting your phone/ tablet outside your room or put it in 'do not disturb' or 'sleep modes'.
- Make your bedroom quiet, dark, and a little bit cool.
- Avoid alcohol, caffeine, nicotine, and sugar before bed.
- If you're worried about something, get it out of your head and write it down.
- Exercise during the day, as it's a great stress buster and helps you sleep.