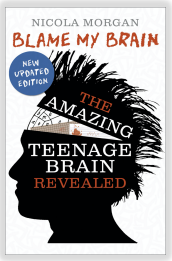
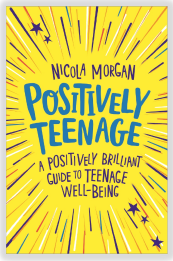
SLEEP TIPS

From Nicola Morgan,
The Teenage Brain Woman
and author of many books to support
young people through adolescence





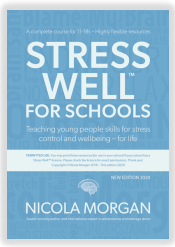
From the age of 11 and into your 20s, sleep patterns change. You *need* more sleep but it's harder to go to sleep early and harder to wake up feeling alert. You will function and feel better if with good sleep so it's well worth following these tips and the advice in my books.

These tips help people of any age who want better sleep:

1. Plan ahead. Decide the time you want to feel sleepy and make sure all your work and stress are dealt with **1.5 hours before**, so you can spend that time winding down.
2. Keep to a routine in that 1.5hrs. For example: 1. Dim lights and close curtains 2. Screens off 3. Slow music 4. Bath/shower 5. Things ready for morning 6. Into bed 7. Read.
3. During evening, AVOID sleep negatives: caffeine (normal tea, coffee, cola); backlit screens (TV, computers, phones, consoles); stress; loud music; fast exercise; large meal.
4. During evening, choose sleep positives: lavender oil; herbal tea or hot milk/cocoa; reading for pleasure; slow music; dim lights; breathing/relaxation exercises.
5. Make a list of things you need to do or take to school in the morning. Making a list means you don't have to use brain-power trying to remember or worry.
6. Fast exercise is not good during the evening, but earlier in the day it can help. But slow exercise, such as yoga or Pilates, can help you wind down near bedtime.
7. Reading (for *pleasure*, not work) is a good way to wind down and switch off from worries.
8. Having a moderate lie-in on one weekend morning helps a bit but if you stay in bed *too* late you'll disturb your body clock and make it harder to sleep at night.
9. If worries keep you awake: write them down and put the paper away; then focus on daydream about your ideal place, building up a more detailed picture each night.
10. Don't worry about not being able to sleep sometimes. A few bad nights won't be a problem. Sleep loss only causes problems when it goes on for too long.

(**The Awesome Power of Sleep** by Nicola Morgan is published January 2021)

More in my books, especially **The Awesome Power of Sleep**,
teaching materials, such as **Stress Well for Schools**,
and my website, **www.nicolamorgan.com**



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