



CHANGE OUR THINKING

(The thoughts, images, beliefs that run through our minds)

- Worrying about not sleeping will keep you awake! Rather than put your focus of attention on the worrying thoughts, Notice that they are just thoughts, then put our attention somewhere restful (use mindful breathing/relaxation technique)
- Distract yourself by thinking about a random sequence of objects for a few seconds each eg. a table, a tree, a saucepan, a flower, a cow, a cloud etc. Or you could think about items/objects that begin with the same letter "B"
- Tell yourself that worrying about it will not help, and that you probably are getting enough sleep/just less than you need.
- If you are worrying about a particular problem, write it down, and tell yourself you can sort it in the morning.

CONTACT US

You can access your school counsellor in rooms SF5 and there is a weekly drop-in on Thursday lunchtimes.

Helplines

**Childline 0800 1111
NSPCC 0808 800 5000**

Leaflet Content with reference to [GetselfHelp.com](https://www.getselfhelp.com)



SLEEP SELF HELP GUIDE

JOHN CABOT ACADEMY

CHANGE OUR BEHAVIOUR

(THE ACTIONS WE DO, THE WAY WE ACT)

Reset your body clock

If you are a night owl and you fall asleep in the early hours of the morning then wake up later in the morning, you can take these steps for 3 weeks to reset your body clock:

- Wake up 2-3 hours earlier than usual and get plenty of outdoor light in the morning
- Eat breakfast as soon as possible
- Have lunch at the same time everyday and eat nothing after 7pm
- Ban caffeine after 3pm
- No naps after 4pm
- Go to bed 2-3 hours earlier than usual and limit light in the evening
- Maintain the same sleep and wake times every day

Other behavioural ideas:

- Use your choice of relaxation techniques before bed
- Keep bed for sleep. Don't use it to watch TV, play computer games or be on a phone.
- Get some regular exercise during the day (avoid later at night)
- If something is troubling you, don't lie there worrying about it, write it down and then manage it the next day
- If you can't sleep don't lie there, get up and do something you find relaxing (reading/music) after a while you should feel tired enough to go back to bed
- Avoid clock watching when in bed - put your attention somewhere restful

CHANGE YOUR ENVIRONMENT

Are there any helpful changes you can make?

- Bedroom too light (or dark)
- Bedroom too hot or too cold
 - Bedroom too noisy
- Bed too uncomfortable
- Family/pets keeping you awake



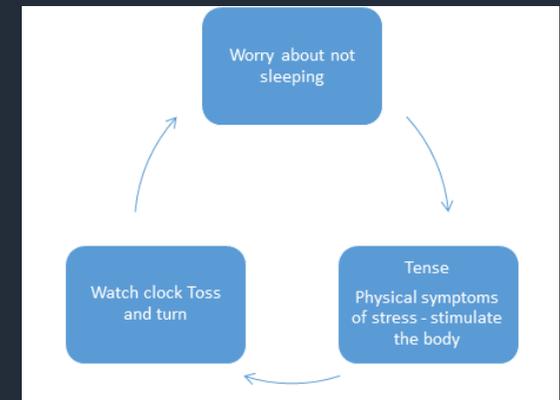
I want to sleep but my brain just won't stop talking to itself

WHY CANT I SLEEP

There are many reasons for not sleeping well which may include distress, physical discomfort or physical illness.

Sleep needs vary. A baby starts life needing 16 hours of sleep a day, this decreases over time with an adult needing approx 7-8 hours. As a teenager you need approx 8-9 hours.

We might have difficulty getting to sleep, wake up frequently during the night, or wake early in the morning and not be able to get back to sleep. These all result in our feeling that we haven't slept enough - we feel tired, tense and are likely to worry about not sleeping. This worry can then make it harder for us to fall asleep and sleep well:



If you have trouble sleeping, there are some things you can do to help yourself get a good night's rest. These include making changes in:

- Our environment
- Our behaviour
- Our thinking