



How well do you sleep?

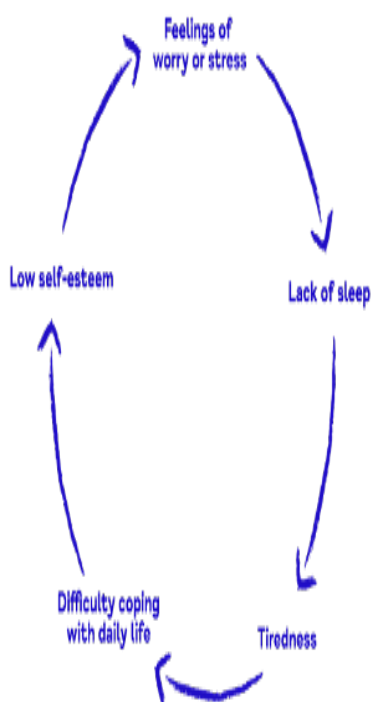
Do you:

- find it hard to fall asleep, stay asleep or wake up earlier than you'd like to (also known as insomnia)
- have problems that disturb your sleep, such as panic attacks, flashbacks, nightmares or psychosis
- find it hard to wake up or get out of bed
- often feel tired or sleepy - this could be because you're not sleeping enough, not getting good quality sleep or because of health problems
- sleep a lot - which could include sleeping at times when you want or need to be awake.

Poor quality sleep can lead to:

- feeling lonely or isolated - for example, if you don't have the energy to see people or they don't seem to understand
- struggling to concentrate, or make plans and decisions
- feeling irritable or not having energy to do things
- problems with day to day life - for example, at work or with family and friends
- health problems, including mental health problems.

A minimum of 8 to 9 hours' good sleep on school nights is recommended for teens.



There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

Poor sleep leads to worrying. Worrying leads to poor sleep. Worrying about sleep is like your mind trying to fight itself. That's a horrible place to be.

Sleep advice for those doing exams

sleep plays a key role in helping to filter and store everything you've learnt during the day. It helps to recharge batteries and increase focus

avoid last minute late night revision. The later you go to bed the less chance of the deep sleep you need.

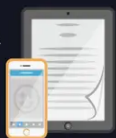
get some exercise - just 30 minutes is proven to reduce time it takes to fall asleep and increases the depth of your sleep.

have a power nap - 10 minutes can boost alertness, energy levels, creativity and even ability to solve problems.

HOW TO SLEEP BETTER

Unplug.

The light emitted from computer and TV screens disrupts your circadian rhythm and keeps you awake. Disruptions to your circadian rhythm are linked to vision problems, cancer, and depression.



Don't eat or drink late at night.

Caffeine, alcohol, and nicotine can also cause sleep disruptions.



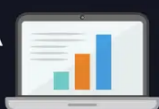
Pick a bedtime.

Decide when you have to wake up, and go to bed eight hours before then. Consider setting a nightly alarm to remind yourself when to get ready for bed.



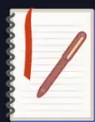
Never do any work in bed.

If you associate your bed with reading emails and dwelling on work-related issues, it will be harder to relax there.



Keep a journal.

Spending just a few minutes to reflect on the positive highlights of your day can transform your attitude and keep you motivated.



Meditate.

Just five minutes of breathing meditation will lower stress, relax your body, and quiet your mind.



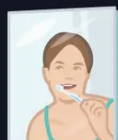
Read a real book for enjoyment.

Make sure it's not work-related. This should relax you and spur your creativity and passion.



Create a hygiene ritual.

Repetition will send a psychological signal that you are getting ready for bed. Brush your teeth, wash your face, floss.



Make a to-do list.

Writing down tomorrow's priorities will clear your mind for the night.



Sleeping is one of the most important things we do to maintain good health.

Developing new sleep habits takes patience and effort, but there has never been a better time to make a fresh start.

Now, as we pull out of our pandemic-related quarantines, it's a great time to review sleeping habits and make the leap to a new normal.

Those who can sleep five hours or less without impairment - when expressed as a percentage and rounded to a whole number - is zero.

Sources: Matthew Toren/Entrepreneur, National Sleep Foundation.

BUSINESS INSIDER

Our human brain really does love routine. Keep as close as possible to the same bedtime 7 days a week. That is what the body clock expects.



From the Safeguarding Team here at St. Gregory's, we wish you all a very happy and holy Easter holiday.

