

# Bounce Forward

## Sleep resource



# Did you know?

For all of us the brain is busy when we sleep, this is even more so for teenagers. What happens during sleep?

- Young people's growth hormones are released.
- Memory is consolidated and stored and brain cells are repaired and cleaned up.
- Social and emotional abilities are stored.

The recommended number of hours of sleep for teenagers is between 8-10 hours.

The UK average is 6.5-7 hours and 20% are getting even less. (Health Behaviour in Children Report)

The body clock can run differently for different people. For example some people are more awake at night and like to sleep in, while others go to bed early and get up early.

**Melatonin** a hormone that tells us it's time to sleep, is released later at night in teenagers – so it can be harder for them to get to sleep. This means teenagers have to think about how to prepare for sleep a little harder and build healthy sleep routines.

There are two types of sleep.

- Non-REM sleep is made up of three stages. This is the restful and restorative sleep where your body is being repaired.
- REM (rapid eye movement) sleep when the body switches off and the brain receives extra blood and processes information. As you get older, you will spend less time in REM sleep.

**Sleep is vital to be prepared and ready to take on the day ahead. Too little sleep impacts health and performance.**



# My sleep routine

**Record a usual day and anything you do related to sleep routines - be honest with yourself**

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Morning - what time do you wake up, get out of bed, what do you do when you get up?

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During the day - anything you usually do that would benefit/impact your sleep.

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Evening - what time do you usually start winding down, be specific on what you do and at what time?

# My sleep diary

Record your sleep routine over the course of a week.

Rate how sleepy you felt at this time using below as a 'guide'.

- 1: Still totally awake and active
- 2: Relaxed but not tired
- 3: Relaxed and a little sleepy
- 4: Feeling tired and ready to sleep



**Date:**

Time	Activity	How sleepy I felt at the time
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
Midnight		

# My sleep diary

Create a sleep diary. Include the things you will do to help you enjoy 8-10 hours of sleep per night. Be as specific as possible, include times and actions you will take.

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Morning

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During the day

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Evening



# Something to try

## The 4 - 7- 8 breathing exercise developed by Dr Andrew Weil

Practice this breathing technique during the day, at different times. To begin with it might feel a little strange, even make you feel lightheaded, that will pass.

As it becomes more familiar, it will feel more useful, and something you can use to help you sleep, or calm down and relax.

Find a comfortable place to sit, feel connected to the place you are sitting.

1. Put your tongue against the back of your top teeth and keep it there.
2. Exhale fully through your mouth, not moving your tongue, making a 'whoosh' sound and purse your lips (as if you are going to whistle) as you exhale fully. This is a big breath out.
3. Close your lips, inhale through your nose for a count of four, 1, 2, 3, 4.
4. Now hold your breath for a count of seven, 1, 2, 3, 4, 5, 6, 7.
5. Exhale fully through your mouth, making a 'whoosh' sound for a count of eight, 1, 2, 3, 4, 5, 6, 7, 8.

Repeat steps 1 - 5 again, three more times.

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# **Bounce Forward Top Tips**

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**Here are some tips for making healthy changes to your sleep routine**

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- Schedule time to wind down before sleep
  - Take a relaxing bath or shower
  - Turn off digital devices
  - Create a relaxing bedroom environment
    - Lower the lights
    - Put on mood music or white noise
  - Read something that relaxes you
  - Have a hot drink, but avoid caffeine and sweet drinks
  - Build some calm and focus exercises into the routine – use 4, 7, 8, breathing, or something similar
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## **Additional sources of support**

<https://teensleephub.org.uk>

<https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

<https://www.themix.org.uk/your-body/sleeping>

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