

Improve Your Sleep

HOW MANY HOURS' SLEEP SHOULD YOU BE GETTING?

6–13 years: 9–11 hours. 14–17 years: 8–10 hours. 18–25 years: 7–9 hours.

BENEFITS OF SLEEP

IMPROVED IMMUNITY

Having enough sleep will improve your energy levels and your overall physical health, including your immune system.



BETTER MOODS

You'll feel happier and have better regulation of your emotions.



IMPROVED MEMORY

With a clear and rested mind, your concentration, memory and ability to recall information will improve.

BOOSTS CREATIVITY

When your body isn't just worrying about surviving - it's thriving. Your creativity and problem-solving skills will improve the more sleep you have.



TIPS FOR BETTER SLEEP

BE SLEEP-POSITIVE

Develop a positive attitude to sleep. Think 'rest is good' and avoid watching the clock.



POWER DOWN

Do not take your phone to bed. Blue light from screens can disrupt your circadian rhythm and delay sleep.

Go screen-free for at least 30 minutes before bed.

PUT YOUR TROUBLES ASIDE

Keep a piece of paper next to your bed and write down your worries of the day before trying to fall asleep.



BE MINDFUL

Empty your mind and turn down your thoughts. Use mindfulness or meditation.

SLEEP HAVEN

Make your room all about sleep – turn down the lights, ensure you're not too hot or cold.



DO SOMETHING ELSE

If you are not asleep within 30 minutes, listen to music or read a book until you feel drowsy.