

Sleep is essential for our mental wellbeing – check out your sleep habits and follow these handy tips to help boost your sleep quality:

Sleep matters

HYCS

Pocket guide

HYCS

Talking to us can really help
Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481308
E ask@hycscounselling.co.uk
www.hycscounselling.co.uk

78 St John's Road, Isleworth,
Middlesex TW7 6RU

Registered Charity 1196320 (formerly 296333)

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Service

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Create a sleep-friendly space
Make sure your room is quiet, cool, comfy, darkened and uncluttered.

Ditch the devices 1 hour before bed

Switch off gadgets – phones, laptops, tv's, they interrupt your sleep hormones and keep your mind revved up.

Wind down sleep routine

Create your own relaxing and regular sleep routine ie gentle music, bath, a good book... whatever feels right for you.





Keep it calm

Avoid heated late night discussions and instead try out meditation, guided meditation or relaxation exercises to quieten the mind.

Cut out the caffeine

Avoid caffeinated drinks (tea/coffee/fizzy drinks) 4-6 hours before bed and opt for decaff' options such as a milky drink instead.



Avoid clock-watching

Clock-watching will just wind you up. Instead....



Take a 'time out'

If you can't sleep, take a time out – get out of bed do something else then try again later.



Relax, rest and digest

Avoid strenuous exercise or eating heavy meals before bed.



Bedside jotter

Leave a notepad by your bed – jot down worrying thoughts, then close the book until morning.

Power naps

If you need to nap, keep it brief and stick to short (daytime) naps of about 20 mins.

And breathe...

And finally, as you settle down to sleep, take a few calm, restful breaths.... and.....

ZZZZZZZZZZzzzzz

Need help?

• HYCS 020 8658 1818

For free & confidential, youth counselling support in Hounslow Borough or visit <https://www.hycscounselling.co.uk/self-help-hub/> for more ideas.

• Teen Sleep Hub – <https://teensleephub.org.uk>

• The Sleep Charity – National Sleep Helpline 03303 530 541 <https://sleepcouncil.org.uk/>

Helpline support 24/7

• Childline 0800 1111 (24hr)

• Samaritans 116 123 (24hr)

• YoungMinds Crisis Messenger

Text YM to 85258 24/7 support

• Calm – A free mindfulness and meditation app/website. www.calm.com

Apps

• Headspace App – www.headspace.com Guided meditations for all levels to relieve anxiety.

• Pzizz App – www.pzizz.com helps you to beat sleeping difficulties, reduce stress and relax.

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