



SLEEP



Not getting enough **SLEEP** affects what we do every day, both physically and mentally.

It affects what we choose to eat and how much energy we have the next day.

It affects our memory and can lower our mood.

WHAT CAN I DO?

- Set consistent sleep routines - go to bed and get up at the same time each day.
- Set yourself a bed time and try to be in bed 30 minutes either side of that goal.
- Being active during the day can make it easier to sleep.
- Avoid screens an hour before bed.
- Dim the lights and try to relax – do some gentle stretching, listen to music or read a book.

"I noticed that sleep had a flow-on effect. If I didn't sleep well or get enough sleep, my mood deteriorated. When my mood deteriorated, I became more stressed and I coped less. This made my sleeping patterns even worse." Rahnee, 21

WE RECOMMEND

14-17 YEARS

8-10 hours of uninterrupted sleep every night

18-25 YEARS

7-9 hours of uninterrupted sleep every night

