

# YOUR SLEEPING BRAIN

## WHILE WE SLEEP...

Sleep is as important to our bodies as food. You are not aware of it but whilst you are asleep hundreds of activities are going on inside you.

Your body is performing the 'housework'. Fixing and mending things, tidying and clearing up, cleaning and storing important things.

During sleep our brain has time to make sense of the day's thoughts, smells, feelings, sights, sounds, decisions and work out which memories we need to store. Also our mental health is restored so we feel happy and able to face the day's challenges.

## BUT I CAN'T SLEEP...

When we are feeling worried, or sad it can be really difficult to get some sleep. For some people the problem is getting to sleep, for others it is staying asleep through the night.



# TIPS FOR GETTING SOME SLEEP:

## TRY TO:

Make sure your room temperature is not too hot

Write a journal about your day, or write a down your worries and put them away in a worry box

Do quiet activities like reading, colouring in or jigsaw puzzles an hour before bed

Block out noise (hard to control living in a city and if you have brothers and sisters!)

Create a bedtime routine and try and do it every night. For example: PJs on at 6pm, quiet activity until 7pm, story and then lights out at 7.30pm

Be completely comfortable. Comfy PJs and comfy bedding.

Block out as much light as possible as our brain uses light to work out whether it is sleep time.



## TRY NOT TOO:

Snack on sugary foods close to bedtime

Think about all the things in your life you cannot control

Have bright lights on (keep the room semi-dark as your brain will be trying to understand it is night time)

Have caffeine in the evening as it makes your brain awake. Caffeine is found in things like chocolate, tea and coffee

Drink too much as you'll need a wee in the night

Have a massive meal or go to bed on an empty stomach

Use a screen or watch TV for at least half an hour before bed

