Checklist for Effective Sleep Patterns

1. Sleep is an essential requirement for people to effectively carry out our daily activities. It is hugely important for the protection of our wellbeing and mental health as well as self-esteem.

2. The way you feel while you are awake depends in part on what happens while you are sleeping.

3. During sleep, your body is working to support healthy brain function and maintain your physical health.

4. In young people, sleep helps support growth and development. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems. It can also affect how well you think, react, work, learn, and get along with others. Learn how sleep affects your heart and circulatory system, metabolism, respiratory system, and immune system and how much sleep is enough.

5. Sleep helps with learning and the formation of long-term memories; this supports revision. Not getting enough sleep or enough high-quality sleep can lead to problems focusing on tasks and thinking clearly.

6. The active promotion of effective sleep must be planned in order to bring long-term, positive lifestyle changes - here.

SLEEP PATTERNS - SLEEP IS ESSENTIAL TO OUR MENTAL WELL-BEING AND PHSYICAL HEALTH	MET ➲
• Create a sleep-friendly space - create a quiet, dark, cool, comfy, uncluttered room	
• Conduct a digital detox - ditch devices one hour before bedtime	
• Charge your mobile phones outside the bedroom - switch off all gadgets	
• Use wind-down sleep routines - listen to some gentle music or read for 20 minutes	
• Keep calm - avoid late night heated discussions	
• Cutting out caffeine - avoid clock watching	
• Taking a time-out if you can't sleep	
• Relaxing / resting / digesting - avoid strenuous exercise or eating heavy meals before bedtime	
• Keeping a bedside jotter or journal (jot down worrying thoughts)	
• Power napping - keep these naps brief, a maximum of 20 minutes	
• Breathing - practise mediation	