Skills Handbook

MANAGING SLEEP

FIRST PERSON PROJECT

C.I.C.

THINKING POINTS
THINKING ABOUT SLEEP

Define Sleep

WHAT IS A GOOD NIGHTS SLEEP TO YOU?

It can be easy to think of sleep as the opposite of being awake. Yet our bodies do so much when we sleep. We rest and recover energy, we heal and process memories, we even produce a whole range of essential hormones and proteins. All these jobs make sleeping one of the most important things our body physically needs, just as we all need food, warmth, love and care.

Most people like to sleep **7-8 hours**. While people can differ on how long they like to sleep, one thing we can agree on is the importance of quality sleep.

When we sleep well, we can feel refreshed, awake, settled, and much more able to manage the day. When our sleep doesn't go well, we can feel tired, irritable, fed up and feel much less able to manage the day.

6 BENEFITS OF A GOOD NIGHT SLEEP

1 Better Concentration

2 Better Memory and Recall

3 Aids Creativity

4 Helps You Make Better Decisions

5 Reduced Focus on Negative Thinking

6 Stronger Immune System

CREATING A SAFE SPACE

When we feel safe, our bodies feel safe. Importantly, when we feel calm and safe, we do not feel fear or distress. This is also true the other way round!

If we don't feel calm or safe, we're unlikely to get to sleep or sleep well.

Creating a safe space for sleep is something that can help us to relax, and trust that we are safe enough to sleep.

Can you fill in the boxes with ways that help you sleep?

CREATE A ROUTINE

Try to create a consistent routine. This will help your body know where it is, what it is doing and when to sleep. This is because our bodies like to follow a 24-hour cycle for all sorts of processes, including sleep and being awake.

Creating a routine can really help regulate your body's internal clock.

Here are some ideas of things you can do to create a kinder routine for yourself and sleep:

TIPS!

Try to get up at the sametime each day. Trying to catch up on lost sleep, or napping at odd times of the day can confuse your body clock. Try not to sleep in more than an hour later than usual.

Try to avoid caffeine after lunch. Caffeines effects can last for many hours. Caffeine can keep us awake and prevent us getting quality sleep.

Make sure that your bed feels like a safe space for sleep

Try to spend 20-30 minutes a day being active. Light exercise can help reduce stress and improve energy levels. Spending time outside can also boost Vitamin D levels and help regulate your body clock.

SLEEP WINDOW

DAY | NIGHT
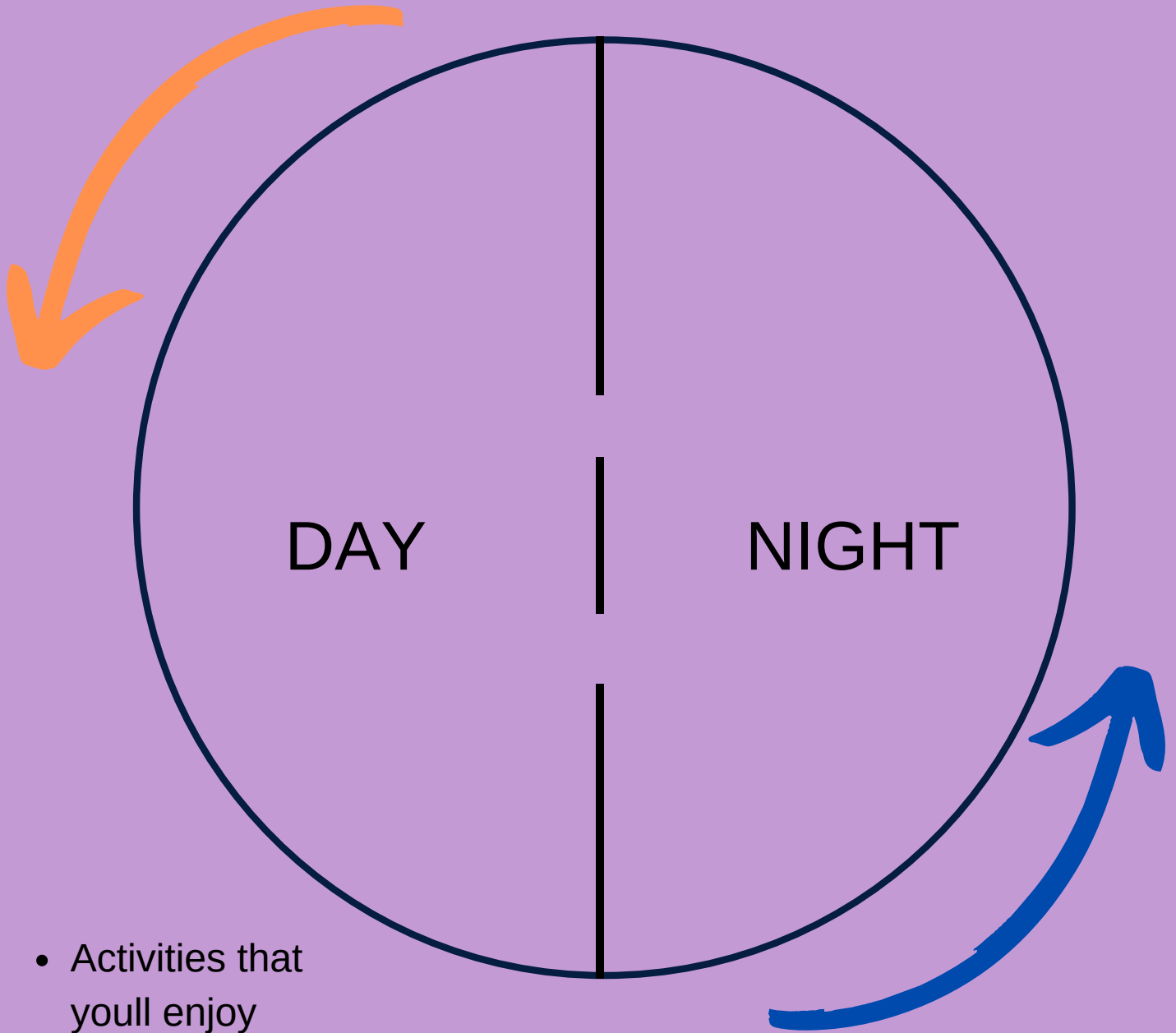
- Activities that youll enjoy
- Exercise to help you stay awake
- Food you might like to help you east well
- Spending time outside in daylight

- Ways to relax before bed
- Things to try if you're struggling to sleep
- How to minimise activities that might keep you alert.