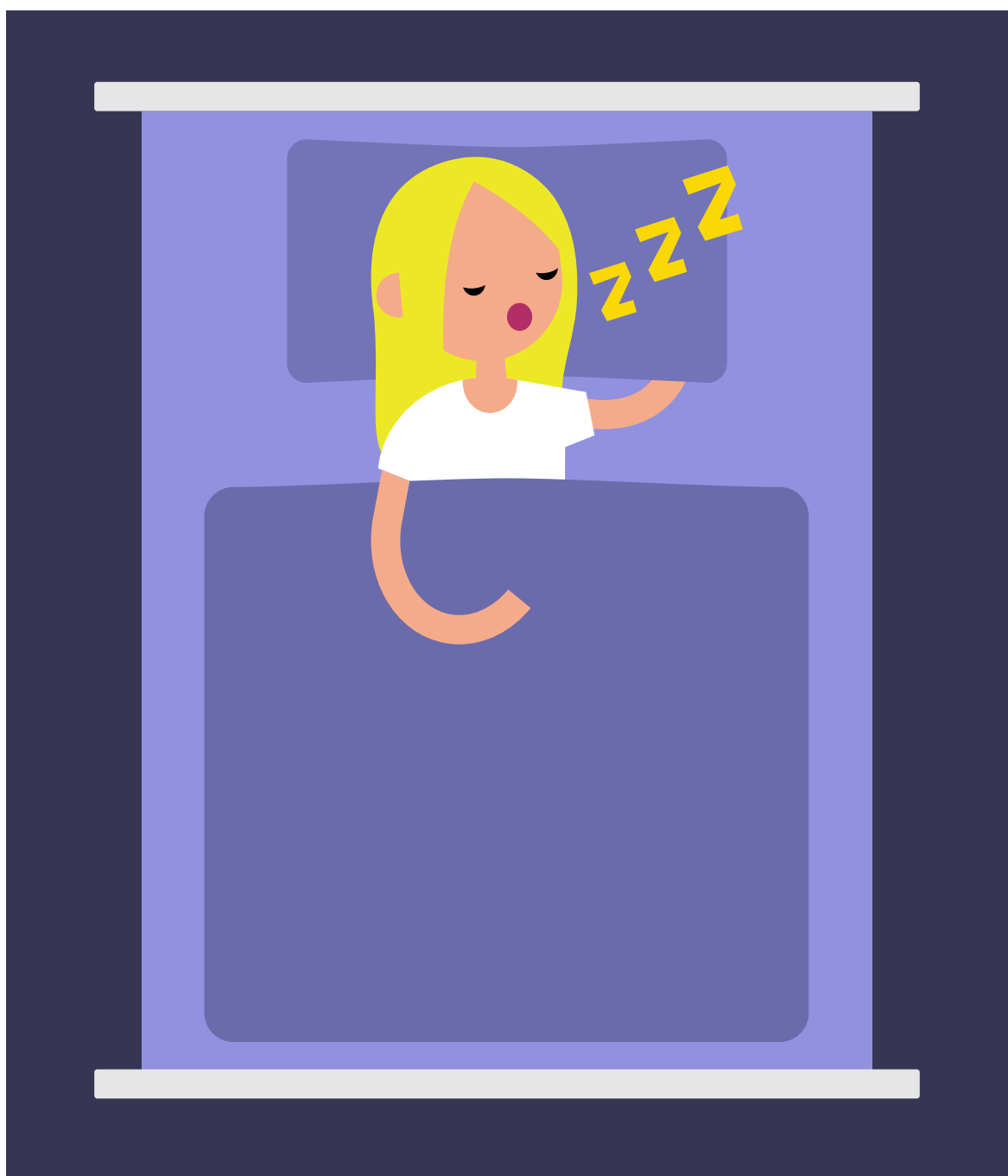


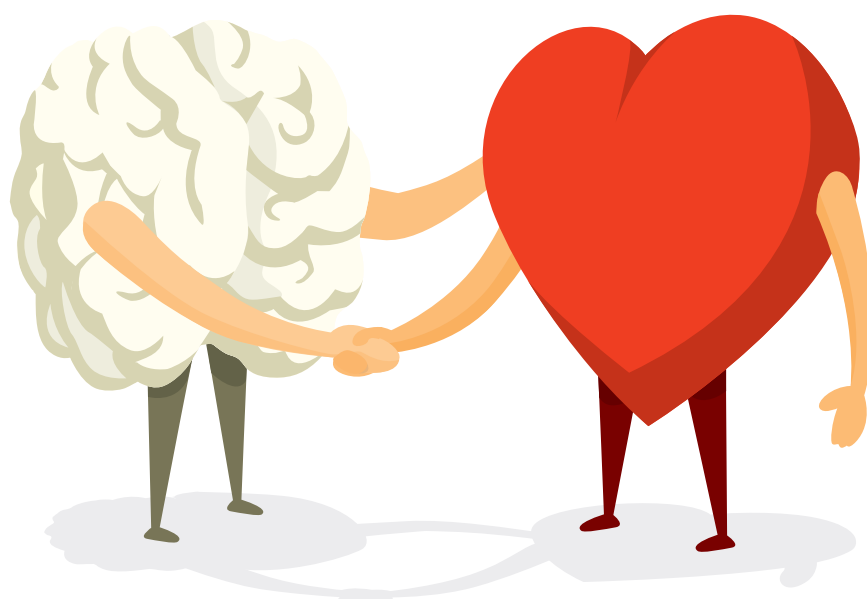
Sleep

A young person's guide to improving sleep



What you'll find in this workbook

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Introduction

We all struggle with our sleep from time to time however when this becomes a long-standing problem it can have a negative impact on our overall wellbeing. Although sleep difficulties are very common there are things that you can do to improve your sleep. This is an interactive workbook where you will learn and practice new skills and exercises to help support you to make positive changes to your sleep.

The workbook will cover the following areas:

Supporting dealing with sleep difficulties

Advice on how to get a better night's sleep

Information about how lack of sleep can affect other aspects of your life

Support around deciding how much sleep you might need



Exercise one: My workbook plan

Answer the questions below to plan when you are going to complete the take home tasks:

I'll start at this time...	I'll complete the tasks in this location...	I can talk to the below people if I need help or feel stuck...

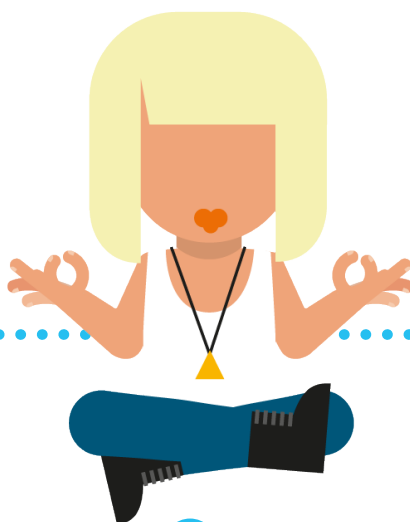
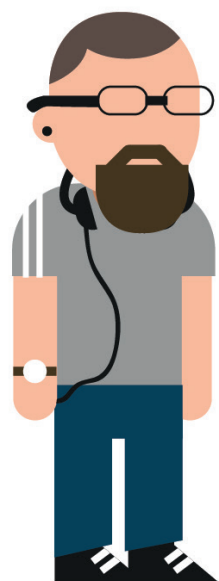
Session One: Understanding sleep difficulties



Exercise two: Something about me

In the box below either draw or choose an image that represents something about you. Be prepared to talk about what you choose!

Something about me





Exercise three: Why I am here

Fill out the scales below to highlight what your sleep looks like now.



I have trouble falling asleep at night



I have trouble staying awake in the day



I feel rested when I first wake up in the morning



I feel like I get the right amount of sleep



I nap during the day time



I spend time on my phone/laptop in bed



Exercise four: Goal setting

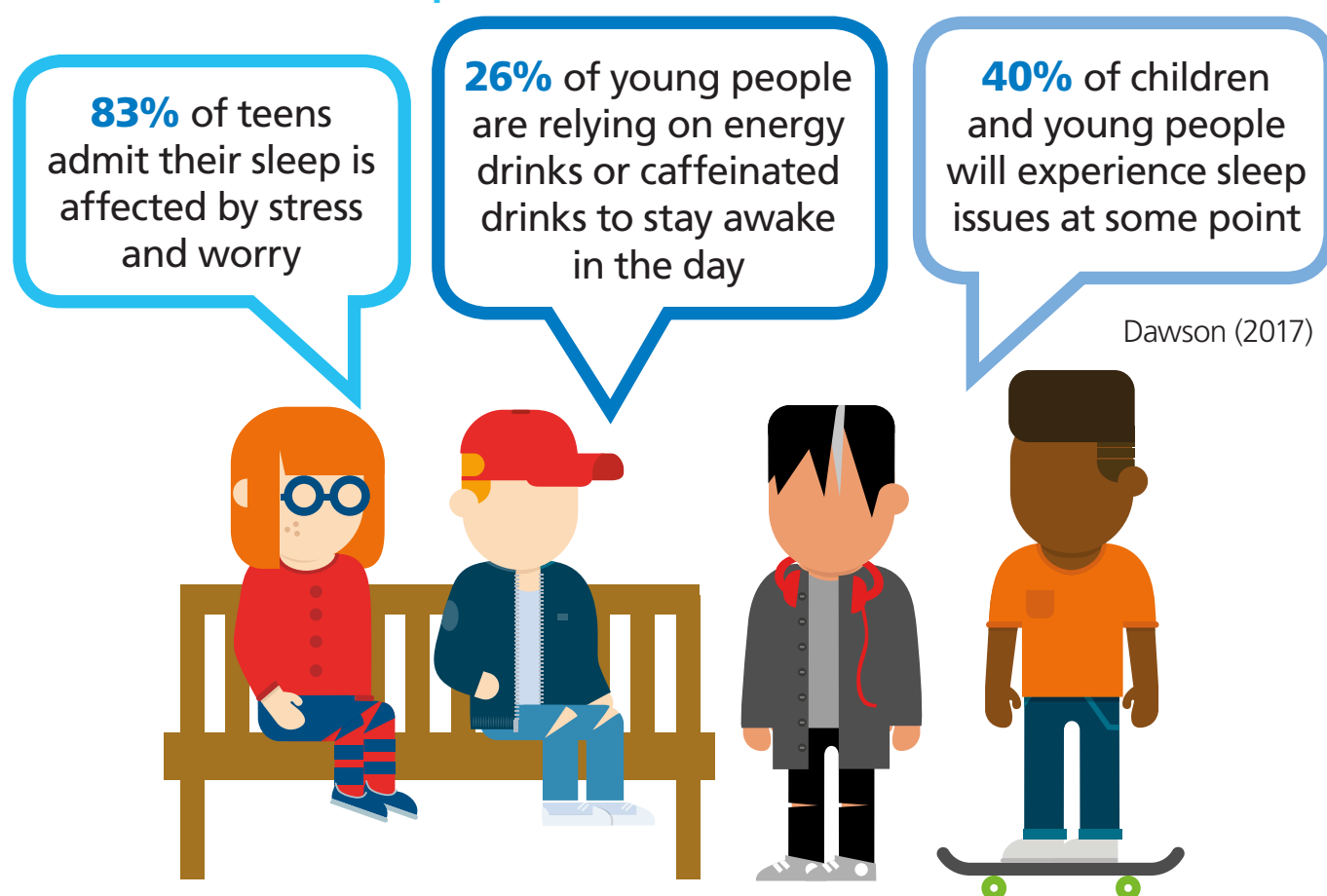
Use this box to write what you find difficult related to your sleep and what you hope to achieve by using this booklet.

What do we mean by sleep difficulties?

Tick those that apply to you:



How common are sleep difficulties?



What causes sleep difficulties?

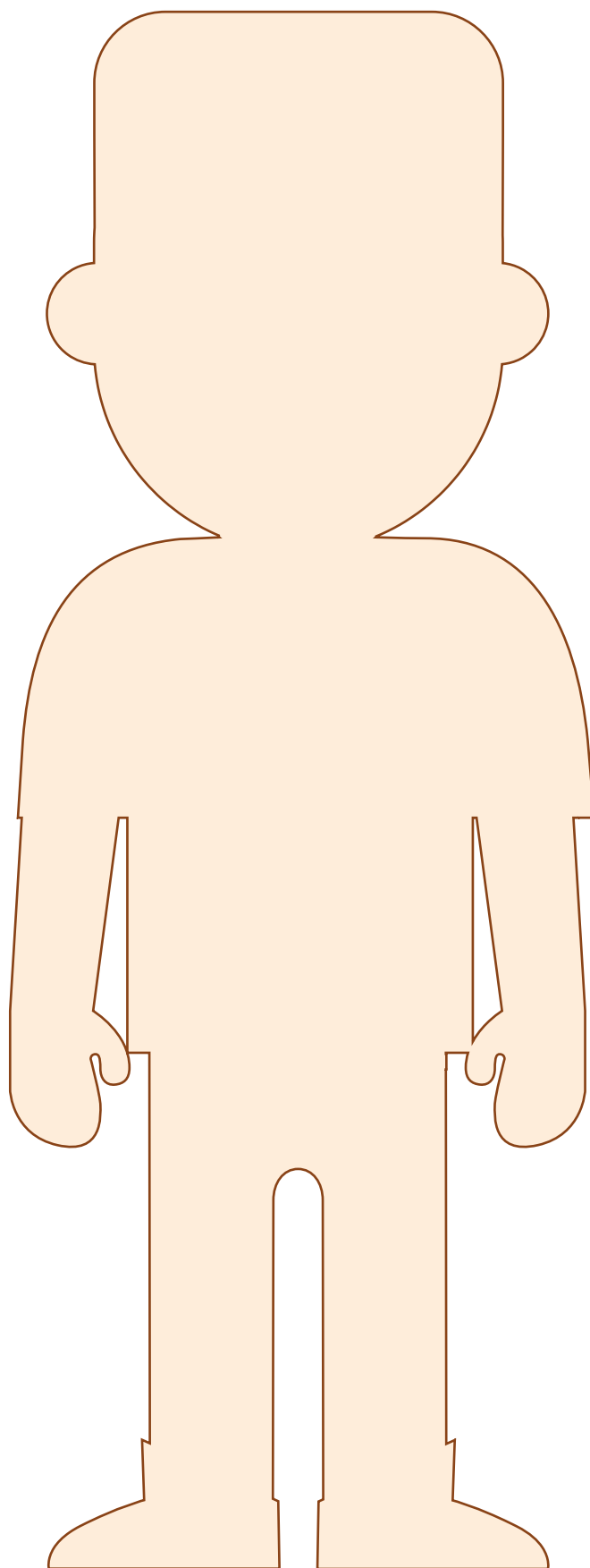
Tick those that apply to you:

- | | |
|---|---|
| <input type="checkbox"/> Anxiety or stress – maybe even more so because of COVID-19 | <input type="checkbox"/> Poor routines and habits |
| <input type="checkbox"/> Difficult life events e.g. bereavement or trauma | <input type="checkbox"/> Too much stimulation at night |
| <input type="checkbox"/> Low mood | <input type="checkbox"/> Substance use (alcohol/drugs including caffeine) |
| <input type="checkbox"/> Physical surroundings and sleep environment | <input type="checkbox"/> Physical health problems and/or pain |

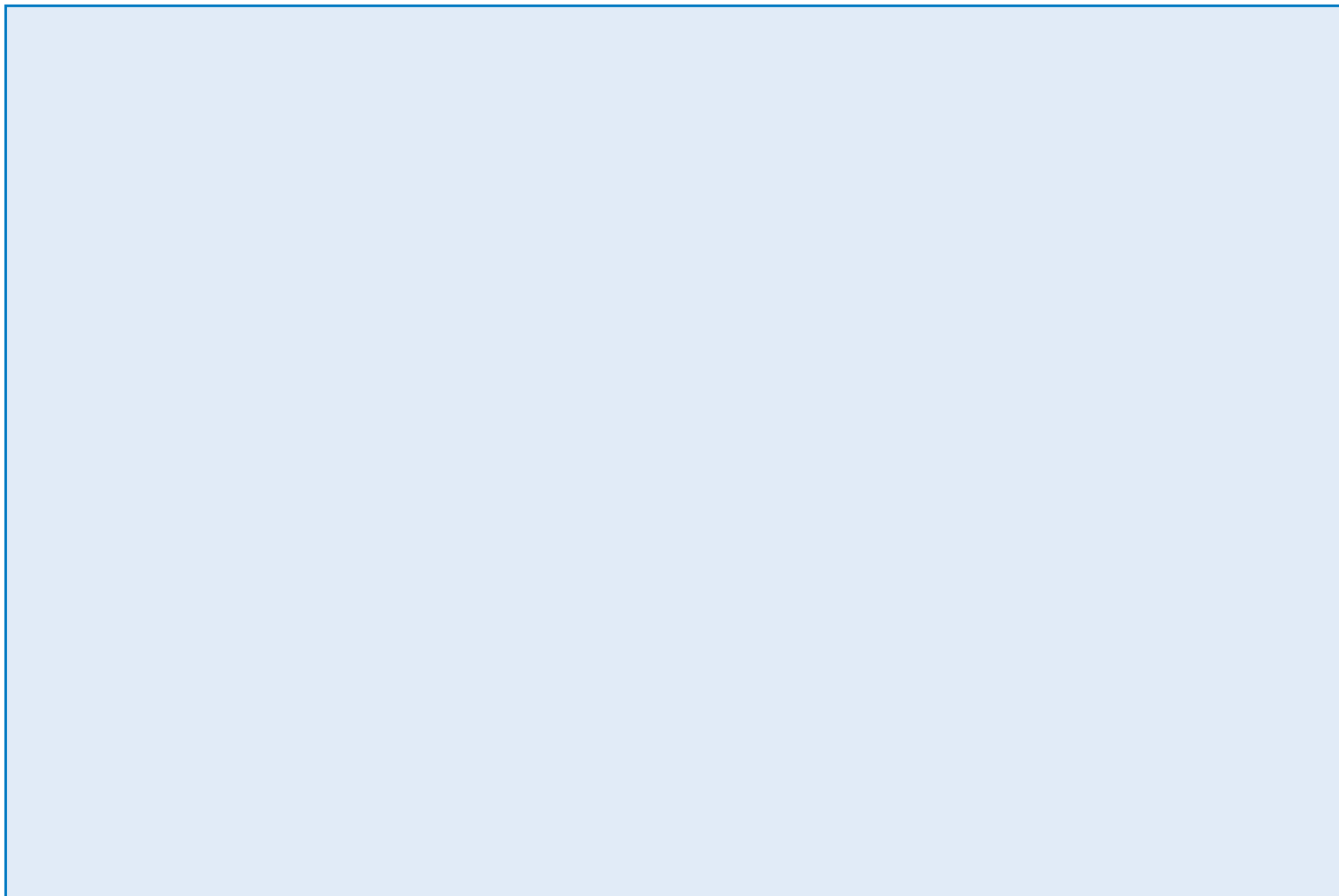


Exercise five: Lack of sleep impact

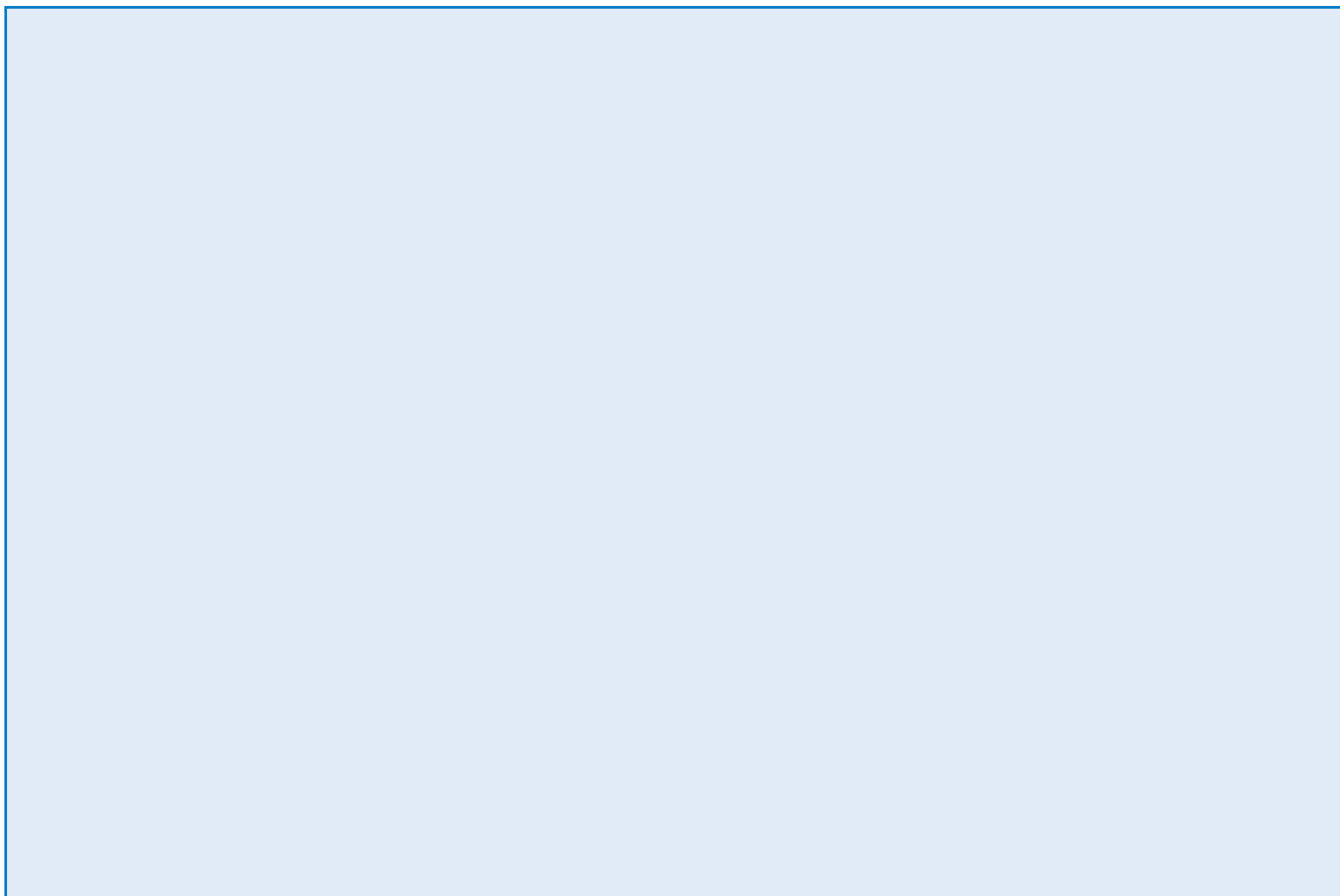
Write or draw around the body the potential impacts of lack of or little sleep.



What is sleep good for?



Why do we need sleep?



How much sleep do we actually need?



4 hours?



7 hours?



9 hours?



11 hours?

How do you feel if you don't have enough sleep?



Anxious?



Giddy?



Unmotivated?



Flat?



Fidgety?

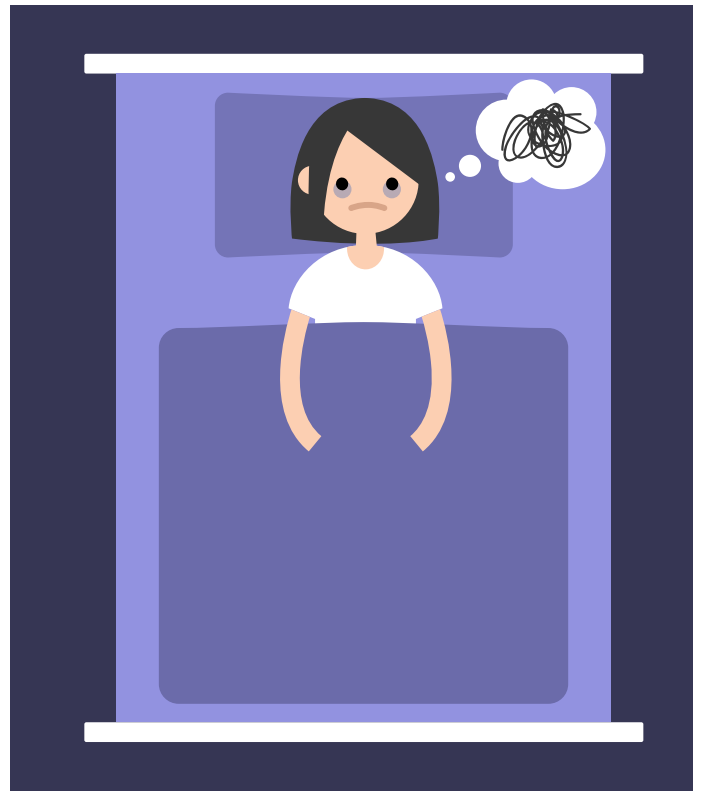


Frustrated?

Sleep is an important time for our bodies and mind to undertake processes for our body to be able to function well. It's a time for growth, processing emotions through the day and helping our muscles to recover.

Optimal sleep time depends on age - it's suggested that between the ages of 13 to 18 having 8 to 10 hours is recommended.



Without sleep we can struggle to function emotionally, physically and mentally.



Take home task:

To help you better understand your sleep difficulties complete the sleep diary below for a week morning and evening. Remember to fill in each section and bring your completed diary to each session.

Sleep diary

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> Complete in the MORNING</div>							
I went to bed last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							
<div> Complete in the EVENING</div>							
Number of caffeinated drinks today							
Time of last caffeinated drink							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep							
Mood today? (0 = awful, 10 = great)							

Session Two: Sleep efficiency and sleep rescheduling

In this session we will use our sleep diaries to work out our sleep efficiency but first let's start with a quiz!

What do you already know about sleep?
Test your knowledge with the sleep quiz!



Exercise six: The sleep quiz

Answer the following questions to see how much you already know about sleep!

1] When you lose sleep, you accumulate a sleep debt...

☐

True

☐

False

2] Teenagers need more sleep than adults...

☐

True

☐

False

3] When you are feeling sleepy you can keep yourself awake by...

☐

A. Listening to loud music

☐

B. Opening the windows

☐

C. Taking a cold shower

☐

D. None of the above

4] How many hours sleep does an average teenager need a night in order to feel alert and awake?

hours

5] What does REM stand for?

6] Eating a large meal at lunch time can make you sleepy...

☐

True

☐

False

7] Alcohol is good for your sleep...

☐

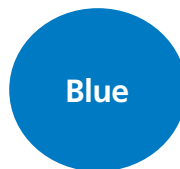
True

☐

False

8] What is the natural time of bed for a teenager?

9] What colour can affect your sleep the most?



10] We dream in colour...



Great work!

What have you learnt from completing the sleep quiz?

Sleep efficiency

Time to review our sleep diaries, what went well, what didn't.

I have learnt:



- Sleep efficiency refers to the amount of time we spend in bed compared to the time we are actually asleep.
- Good sleep efficiency would mean we are asleep the entire time we are in bed.
- The more efficient our sleep is the deeper and more restorative it is.
- We can use our sleep efficiency to determine our ideal bedtime and rising time. This helps our body learn to associate bed with sleep and rest.

Here's an example of how to calculate your sleep efficiency:

$$\begin{array}{ccccc} \text{Total time you} & & & & \\ \text{think you sleep} & \div & \text{Time spent} & \times 100 = & \\ & & \text{in bed} & & \\ \hline 6.5 & & 8 & & 81 \% \end{array}$$



Exercise seven: Let's calculate your sleep efficiency

$$\begin{array}{ccccc} \text{Total time you} & & & & \\ \text{think you sleep} & \div & \text{Time spent} & \times 100 = & \\ & & \text{in bed} & & \\ \hline & & & & \% \end{array}$$

Most good sleepers manage around 90% so if your sleep efficiency is less than that perhaps this can be a goal to aim for. We can do this by **sleep re-scheduling**:

- Sleep rescheduling helps us improve our sleep efficiency by setting ourselves a 'sleep window' that increases the likelihood that you are asleep the majority of the time you are in bed.
- This helps increase our sleep-bed associations, improves our sleep quality and helps us establish a good sleep routine.

- We need your **average night's sleep** and the time you need to get up, your **rising time**.

How to work out your sleep window:

1. Calculate your average night's sleep from your sleep diary (add together time asleep each night then divide this by the number of nights).
2. Decide what time you need to get up.
3. Subtract your average night's sleep from your rising time. This is the latest you can go to bed each evening.

Here's an example of working out a sleep window:

Sarah's average time asleep across the seven days of her sleep diary was 6 hours 45 minutes.

She needs to wake up at 7am to get to college so this is her rising time.

Rising time	-	Average sleep time	=	Latest bedtime
7am		6h 45m		12:15

If your sleep efficiency score was between 85-90% then this is your new bedtime.

If your sleep efficiency was 85% or less set your bedtime 15 minutes later than you have worked out.

If your sleep efficiency score was 90% or more, set your bedtime 15 minutes earlier than the one you worked out.



Exercise eight: Let's calculate your sleep window

Rising time	-	Average sleep time	=	Latest bedtime

My new latest bedtime is:



Take home task:

Complete another sleep diary for this week to see if your new bedtime is helping with your sleep!

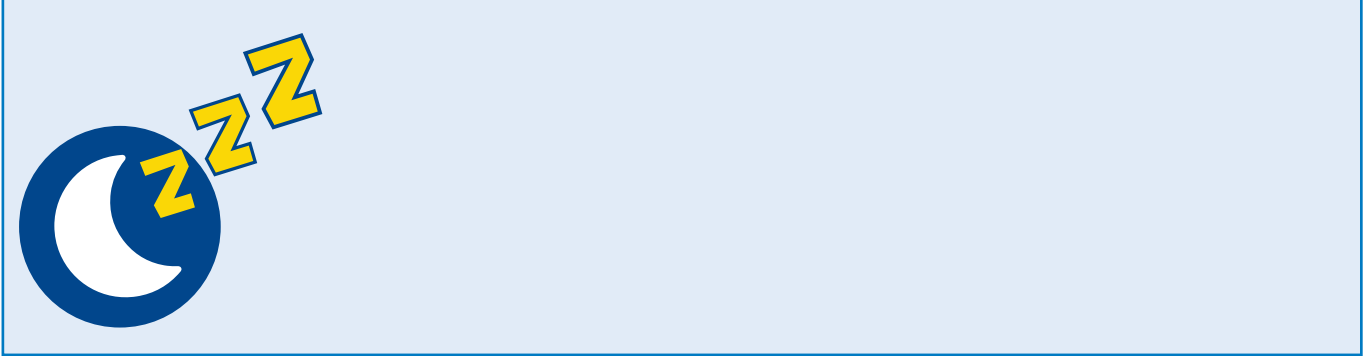
Sleep diary

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> Complete in the MORNING</div>							
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I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							
<div> Complete in the EVENING</div>							
Number of caffeinated drinks today							
Time of last caffeinated drink							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep							
Mood today? (0 = awful, 10 = great)							

Session Three: The science of sleep

Time to review our sleep diaries, what went well, what didn't.

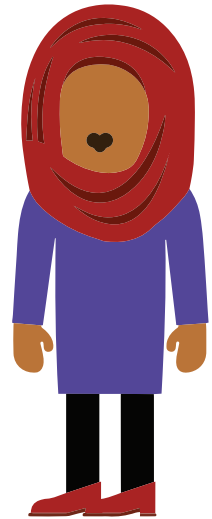
I have learnt:



In today's session we will look at the **circadian rhythm** and the **stages of sleep**.

Did you know?

Circadian comes from the Latin phrase 'circa diem' – which means 'around a day'.



Sleep and the teenage brain

Luckily the teenage brain is resilient and can adapt well during these changes. Sleep helps with the development of the brain during this time.

Melatonin (the sleep hormone) is higher at night and drops later in the morning- this is why getting out of bed is so hard!

The teenage brain is still developing which can make it more vulnerable to stress.

Our brain develops and changes up until the age of 27! During this time it has lots of plasticity which means it can change and adapt to its environment.



The circadian rhythm

The circadian rhythm is a 24-hour cycle that is part of our body's internal clock.

It is always running in the background and controls our daily cycles of sleep and wakefulness, hunger and digestion, hormonal activity, and other bodily processes.

The sleep-wake cycle is probably the most important and well-known circadian rhythm.

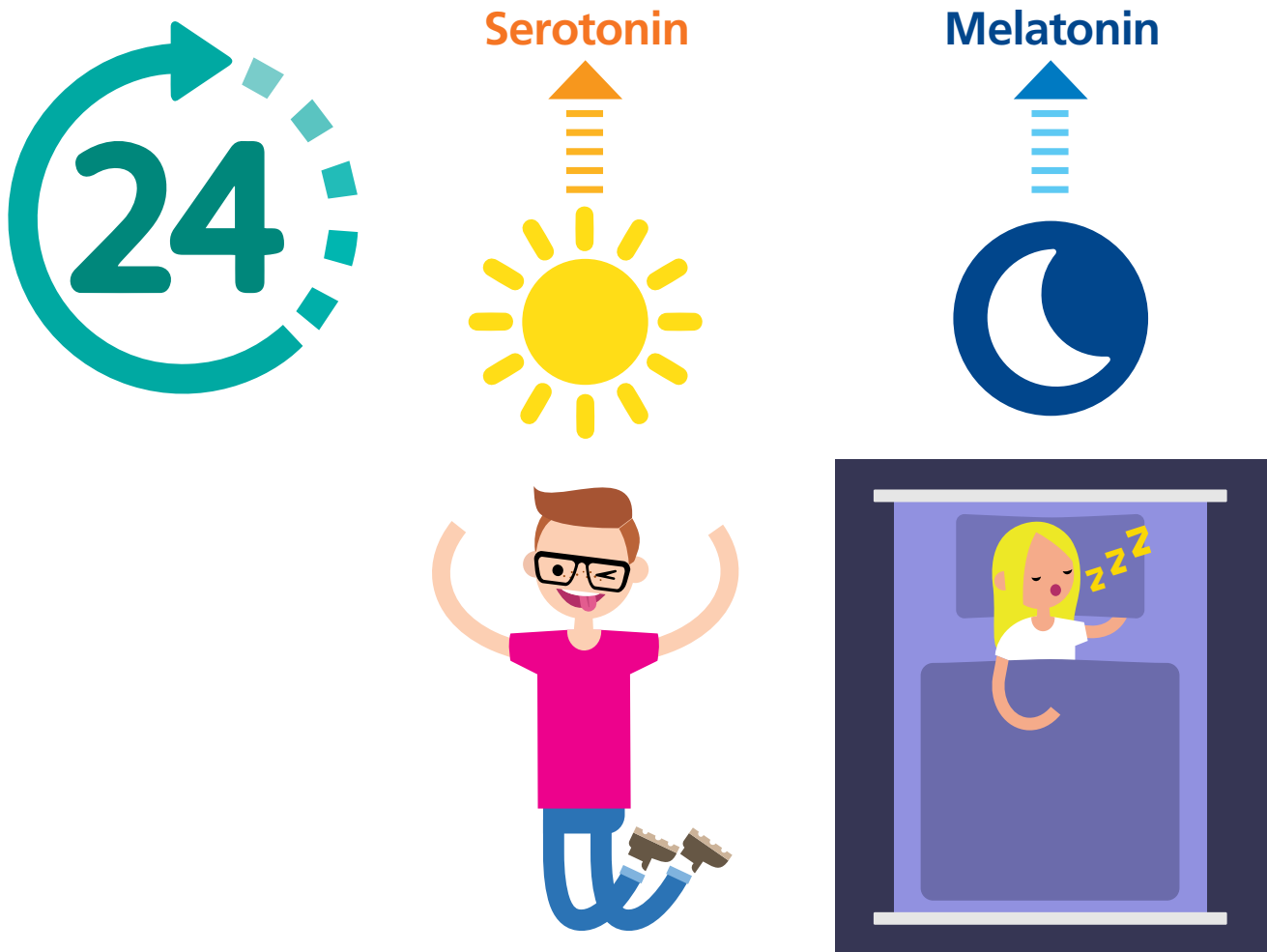
During the day, when it is light, signals are sent to our brains to generate alertness. A hormone called serotonin is released which helps us to feel energised.

As night falls and it gets darker, a different hormone - melatonin, is produced. Melatonin promotes makes us feel sleepy and keep transmitting signals to help us stay asleep through the night.

When our circadian rhythm is properly aligned we sleep well and get the restorative benefits from sleep. Our bodies have time to repair and recover.

When it is thrown off, we can; struggle to fall asleep, have trouble staying asleep and can wake up too early. The sleep we do get can often be of a poorer quality too.

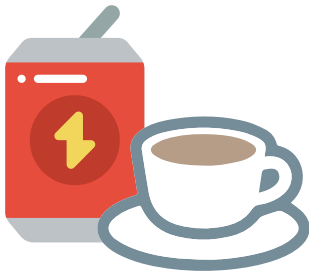
To improve our circadian rhythm we need to increase production of serotonin in the morning and melatonin in the evening. There are some ways we can help this.





Exercise nine: Resetting our circadian rhythms

Look at these pictures – which ones can help us sleep well and which ones should we avoid. Write them in the correct column in the table below:



Caffeine and energy drinks



Regular routine



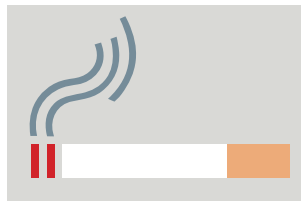
Mobile phones



Taking a nap



Reduced lighting



Nicotine



Bananas, oranges and pineapple



Exercise



Drugs and alcohol



Playing video games in bed



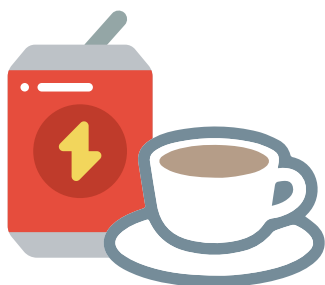
Reading



Taking a bath

Things which will help us get a good night's sleep	Things we should avoid for a good night's sleep

Things we should **avoid** for a good night's sleep:



Avoid too much caffeine in tea, coffee and energy drinks. Give yourself a cut off point for caffeine – this should be at least three hours before bed.

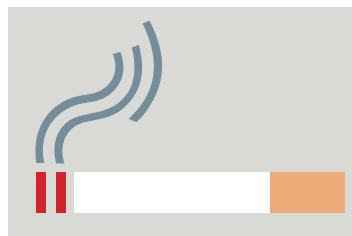
The blue light that is emitted from our mobile phones stops melatonin being released. Again, have a cut off time, this should be at least one hour before bed.

Some phones now have a blue light filter which will help reduce the amount of blue light your screen emits during the day – but we still need screen free time before bed.



Avoid naps of more than 30 minutes. When we wake up in a morning our sleep / wake cycle is already getting us ready for sleep. If we sleep during the day we won't need to sleep as much at night and our circadian rhythm will be disturbed.

Nicotine is a stimulant and it has a similar effect to caffeine. The nicotine hit you get from e-cigarettes can be more potent than that from a traditional cigarette. Try quitting, or use a cut off time.



You might think that alcohol helps you fall into a deep sleep more quickly, but alcohol consumption usually harms sleep. As the alcohol is metabolised we wake more frequently and the sleep we do get is of poorer quality.

Playing video games near bedtime will make our minds more active when we should be winding down. If you play these in your room or in your bed your brain will begin to associate the bedroom with being alert. Try to only use your bedroom for sleep.



Things that will **help** us get a good night's sleep:



Keeping a good routine throughout the day is very helpful for our circadian rhythm. This should include waking at the same time, eating at the same time and going to bed at the same time. Don't eat a big meal close to bedtime, have a light snack instead (see below). Develop a good bedtime routine too that incorporates some of the activities below.

The link between exercise and sleep is a little unclear, but people who engage in 30 minutes of moderate aerobic exercise may see a difference in sleep quality. Think about your exercise routine; yoga may help close to bedtime, but other aerobic exercise may be better earlier in the day.



Choosing an analogue instead of a digital activity before bed can help our minds to relax. Reading distracts us from daily stresses and worries. It also helps to relax our muscles and slows down our breathing.

If reading is not your thing, what about a jigsaw?

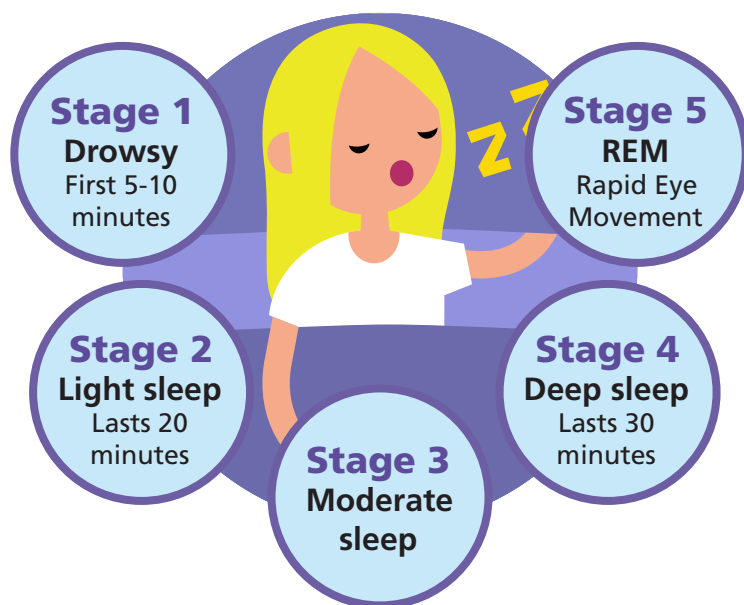
Some foods help our bodies with the production of melatonin. Bananas, oranges and pineapples are good for this. Other foods that can help us sleep are; milk, oats, almonds, kiwis and yoghurt.



Dimming the lights before your bedtime helps to also help to promote the production of melatonin. It also helps us to create a relaxing environment for sleep. Sleeping in the dark is best, but if you need a night light – use a red night light.

Having a warm (not hot) bath can help us to get our bodies to a good temperature for sleep, but it is also relaxing too.



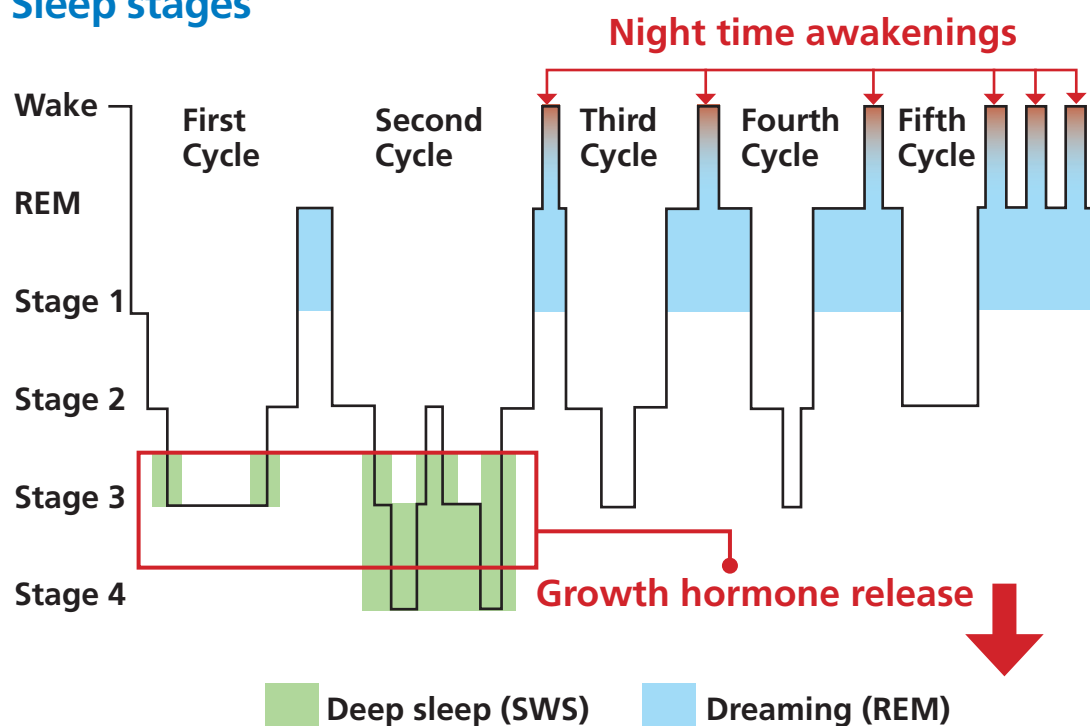


Sleep cycle (90-120 minutes)



When we are asleep we go through the different stages of sleep – this is called the **sleep cycle**. We might go through this cycle up to five times a night. This graph shows a typical night of sleep. You can see that between each cycle night time awakenings occur. So, if you do wake between cycles – just accept that this is part of the sleep process and try to turn over and let yourself drift back to REM sleep.

Sleep stages



Stage 1	Relatively light sleep, the transition between wakefulness and sleep. If we are woken during this stage, we might say that we weren't asleep.
Stage 2	This stage last about 20 minutes. We become less aware of our surroundings, body temperature drops and our heart rate slows.
Stage 3 and Stage 4 Deep sleep	Muscles start to relax, blood pressure and breathing rate drop. This is the deepest sleep and growth and repair hormones are released.
REM sleep	REM sleep is characterised by rapid eye movement, the brain becomes more active and dreams occur in this stage.



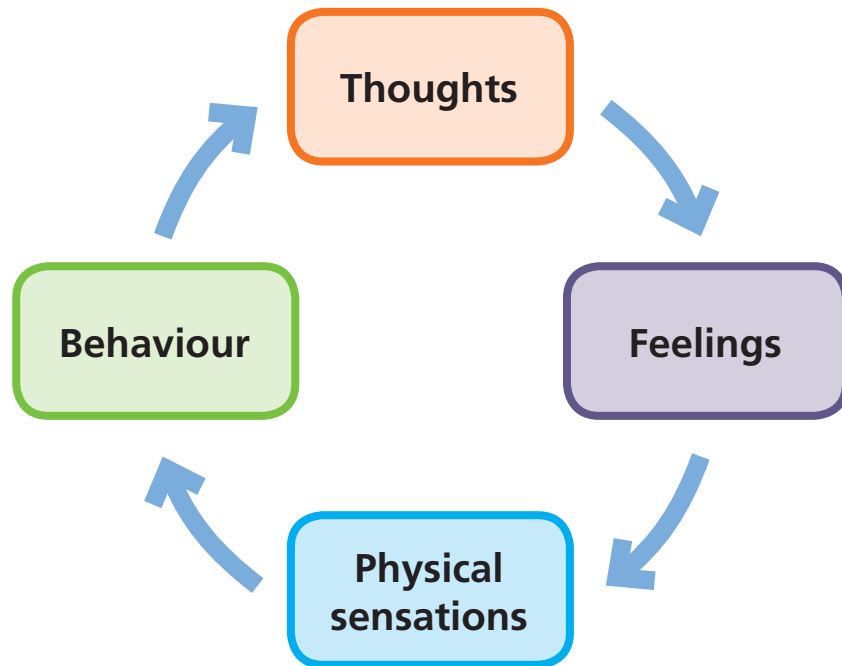
Take home task: Putting it into practice

What will you try from this session to improve your sleep? Make a list and review how helpful you found each exercise or tip using the table below.

Exercise/sleep tip	How much did this help my sleep (rate from 0-10, where 10 is very helpful)	Is there anything I could do differently next time?

Session Four: Your thoughts and sleep

We all have negative thoughts from time to time but we know that the way we think has an impact on the way we feel (both emotionally and physically) and the behaviours we do. This can become a negative cycle where the things we do to manage negative thoughts can make us feel worse in the long run. The good news is that a cycle can be broken and by making some changes we can start to turn a negative cycle into a positive cycle.



Exercise ten: What's on your mind?

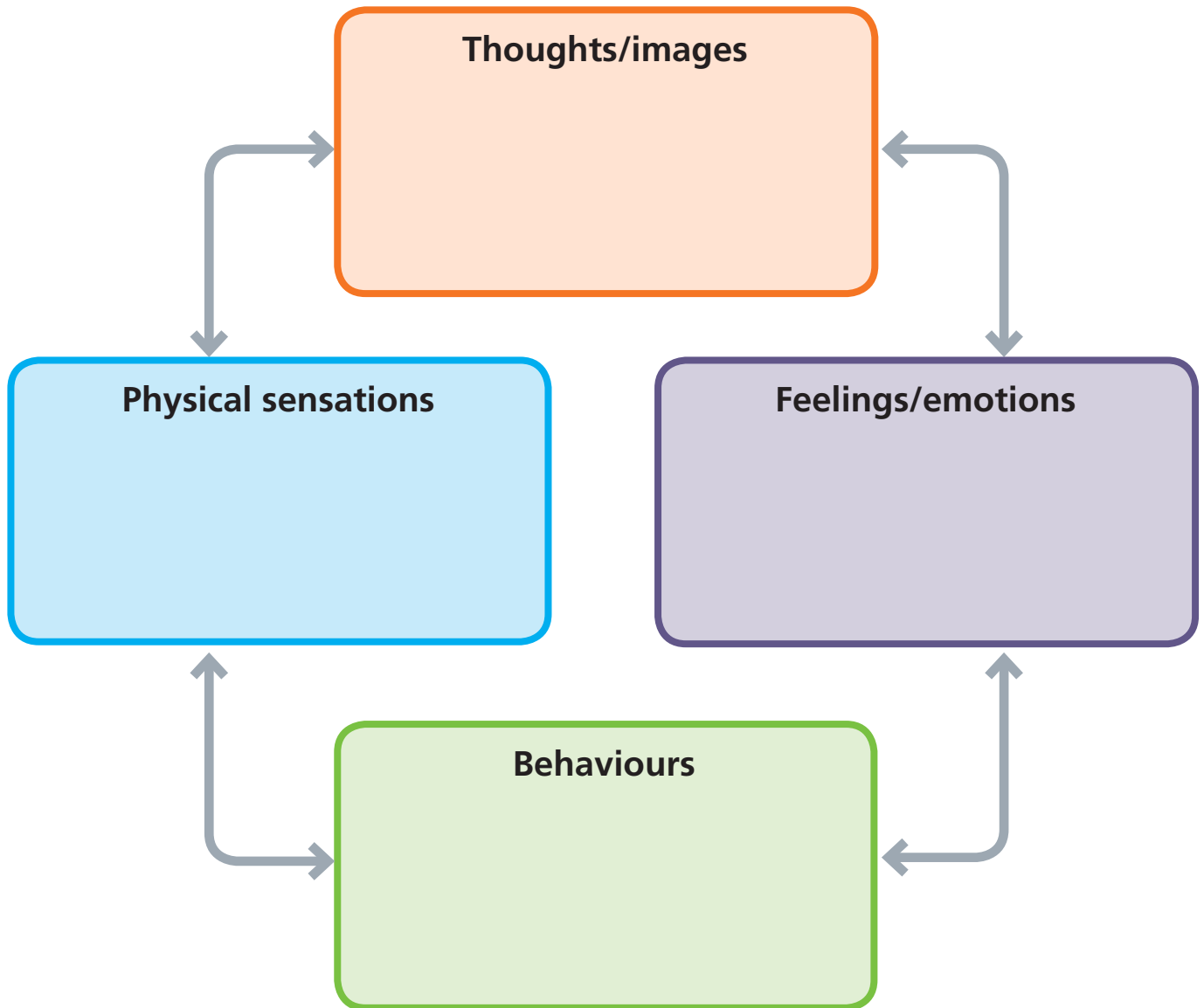
Label the brain with some of the things that may be keeping you up at night:





Exercise eleven: What happens when you can't get to sleep?

Map out your cycle below to see what areas you might be able to change to improve your sleep.



Dealing with a racing mind

Ever felt like you can't switch your mind off? It's really common for bedtime to become our 'thinking time'. A time to process what has happened in the day and to start thinking about the day ahead. Some young people might find that they have more time to think about the things that have gone wrong or could go wrong. These worried thoughts and 'racing mind' makes it even harder for our bodies to relax and drift off to sleep.

So what can you do?

Putting the day to rest

1. Set aside 20 minutes every evening (same time daily)
2. Sit somewhere you won't be disturbed
3. Think about what has happened during the day and any feelings you have about tomorrow.
4. Write down main points, write a 'to do' list of anything outstanding.
5. When bedtime comes remind yourself you have dealt with it. If new thoughts arise, write them down to deal with them in the morning.

Relaxation exercises

Do you do anything at the moment that helps you to relax or feel calmer? Note them down here:

New ideas to try

In addition to what you are already doing that helps, you might want to try out some of these relaxation or soothing strategies to help manage your anxiety. Find out what works for you and what you enjoy.

Physical relaxation is a great way of calming down the fight, flight or freeze response and helping us to slow down and think.

Progressive muscle relaxation

Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body.

In a progressive muscle relaxation each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation.

Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries you may wish to leave out that part of the exercise. Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

Instructions: Focus your attention on different parts of your body in sequence. Go through the sequence three times. For the first time tense each body part, hold it for a few moments, then relax. For the second time lightly tense and release each body part. For the final round just pay attention to each muscle group and decide to relax it.

Recommended sequence:

- 1 Right hand and arm**
(clench the fist and tighten the muscles in the arm)
- 2 Left hand and arm**
- 3 Right leg** (tense the leg, lifting the knee slightly)
- 4 Left leg**
- 5 Stomach and chest**
- 6 Back muscles** (pull the shoulders back slightly)
- 7 Neck and throat**
(push the head back slightly into the pillow/surface)
- 8 Face** (scrunch up the muscles in your face)



You might find it easier to listen to the relaxation exercise. Here is a link to a 15 minute guide to progressive muscle relaxation: <https://www.youtube.com/watch?v=912eRbes2g>

Balloon breathing

This technique engages your diaphragm, which is the most efficient muscle of breathing located at the base of the lungs. When our fight, flight or freeze system is activated we may notice that we are shallow breathing with our chest rather than our diaphragm and stomach. This exercise helps to reset and slow our breathing so we feel calmer. The sequence is described below but whilst doing it some young people find it helpful to imagine a balloon in their stomach that gently inflates as they breathe in and deflates as they breathe out.

Diaphragmatic breathing technique



- 1.** Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.



- 2.** Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.



- 3.** Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.





Take home task: Brain dump

1. Use the worksheet on the next page to write down all the things that might be keeping you up at night. Once you've done this practice one of the relaxation exercises to help your body get ready for sleep.
2. Keep a sleep diary this week so we can review this in our next session.

Here's a place to write/draw/type any of the things that are worrying/stressing or keeping you awake.



Sleep diary

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> Complete in the MORNING</div>							
I went to bed last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							
<div> Complete in the EVENING</div>							
Number of caffeinated drinks today							
Time of last caffeinated drink							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep							
Mood today? (0 = awful, 10 = great)							

Session Five: Bringing it all together

Time to review our sleep diaries, what went well, what didn't.

I have learnt:



Reviewing progress and planning for the future

Answer the following questions to help you reflect on how far you have come and to plan for how you can keep maintaining any improvements you've made.

How has your sleep changed from session one to session five?

Has your sleep efficiency changed?

Have you achieved your sleep goals?

If not, what needs to change in order for you to achieve these?

If yes, what has helped you to achieve these?

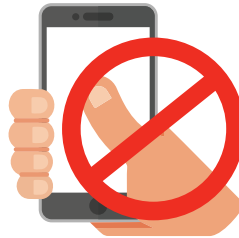
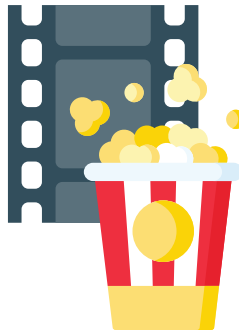
Can you think of any times in the future when your sleep might become difficult again?

If so, what could you do to manage this?



Exercise twelve: My good sleep kit

What could you start using in your sleep tool kit? Circle any of the images that apply to you below.



What other tips, exercises or activities from this workbook could you add to your kit?

Remember it is normal for sleep to become disrupted from time to time however it can be helpful to have a written plan that reminds us to keep practicing all the skills and techniques that you've learnt in this workbook.



Exercise thirteen: My sleep plan

Bring together everything you've learnt in this workbook by completing the plan below.

My sleep plan

I will be in bed by

If I can't sleep I will try

Things that are worrying me

I can manage these worries by

Useful information

NHS approved apps



Pzizz

Get help to calm your mind, fall asleep fast, stay asleep, and wake up refreshed.

Free with in-app purchases



Sleepio

An online sleep improvement programme, clinically proven to help you fall asleep faster.

Free in some areas



Sleepstation

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night.

Free with GP referral



Stop, Breathe and Think

The app for meditation and mindfulness, has a unique approach that allows you to check in with your emotions.



Mind Shift

Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Headspace

Teaches you the basics of meditation and mindfulness.

Helplines

- **Childline 0800 11 11**
Free confidential 24hr helpline for young people who are aged up to 19 years old.
- **Samaritans 116 123**
Free confidential 24 hour helpline.
- **Papyrus HOPELineUK 0800 068 41 41**
Free confidential helpline for anyone concerned about a young person at risk of harming themselves.
Open weekdays 10am – 5pm, 7pm – 10pm;
weekends 2pm – 5pm.



Support groups

- **Young Minds www.youngminds.org.uk/**
Charity committed to improving the mental health of young people. Support for those worried about a young person's behaviour or mental health. Provides information leaflets.
- **Rethink Helpline 0300 500 0927, www.rethink.org**
Provides information and a helpline for anyone affected by mental health problems.
- **Mind Helpline 0300 123 3393, www.mind.org.uk**
(Mon-Fri 9am – 5pm) Provides information on mental health problems and treatments.



Notes and questions page

