

# Tip 6. get enough sleep

**Sleeping well is good for my wellbeing because it:**

- gives me more energy
- helps me to remember and concentrate better
- makes me less likely to crave extra snacks
- helps me cope with tough times.

**How can I sleep better? I can:**

- watch a movie or TV show before bed instead of being on social media, YouTube or gaming
- decide to go screen free an hour before bed
- turn down the brightness on my phone or computer at night
- use a mindfulness app like Smiling Mind everyday
- try to get up at the same time everyday
- avoid caffeine at least 6 hours before bed
- try not to nap in the daytime.



## **Tip 6. get enough sleep**

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### **How much sleep do I need?**

I feel my best when I have had this many hours of sleep: (Circle one)

Less    6       7       8       9       10      11      12      More

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### **How much sleep do I get?**

I usually get this amount of sleep each night: (Circle one)

Less    6       7       8       9       10      11      12      More

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### **What time do I normally go to sleep? Is it the same every night?**

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### **What time do I wake up? Is it the same every day?**

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### **How will I get better sleep?**

- getting up at the same time everyday
- using a mindfulness app before bed
- going screen free in the hour before bed
- something else:

**Sleeping well protects my mental health by helping me to cope with tough times and feel less stressed.**