



A CHILD AND ADOLESCENT  
MENTAL HEALTH SERVICE

## Covid-19 Sleep Routine Top Tips

Staying up late watching TV, gaming or staring at your phone or tablet screen, may alter your sleeping pattern. It's not uncommon for teenagers to reverse their sleeping patterns, staying awake late into the night and then sleeping until later in the day. This can interfere with their sense of routine, ability to spend time in the daylight, amount of time spent with loved ones and levels of motivation and enjoyment.

Below are some tips on how to improve your routine which will hopefully set you up for a routine of enjoyment and connectedness during the Covid-19 lockdown:

- **Wake up 2-3 hours earlier than usual and get plenty of outdoor light in the morning (make sure your blinds/curtains are open and spend some time sitting in the daylight)**
- **Eat breakfast as soon as possible (wake your system up)**
- **Exercise in the morning where possible (exercise in the morning can prepare you for the day ahead)**
- **Have lunch at the same time every day and try not to eat after 19:00**
- **No caffeine after 15:00**
- **Have no naps after 16:00 or at all if possible**
- **Go to bed 2-3 hours earlier than usual and limit light in the evenings**
- **Maintain the same sleep and wake times every day (this will be difficult to begin with but keep on trying!!)**

*Studies show that after three weeks, people can successfully shift their body clocks two hours earlier in the day.*

### More tips on how to improve your sleeping pattern:

*-If something is troubling you and there is nothing you can do about it right away, try writing it down before going to bed and then tell yourself to deal with it tomorrow.*

*-If you cannot sleep, don't lie there worrying about it. Get up and do something you find relaxing like reading or listening to quiet music. After a while you should feel tired enough to go to bed again.*

*-Keep a sleep diary for a week. Then you can look back and notice what helps you sleep better and what doesn't, so you can make positive changes and do more of what helps, and less of what doesn't. If nothing seemed to help, try something different.*

*-Avoid clock watching when in bed and put your attention somewhere restful*

*-Try mindful breathing – there are many exercises on YouTube*

*-Relaxation techniques – list 5 calming things that you can think about before bed. What can you see, hear, smell, taste or touch?*

*Example: Seeing waves move to and fro, hearing wave sounds, smelling lavender, tasting a hot milky drink, touching a soft blanket.*

#### Useful Apps:

Kooth  
MindShift  
Whats Up  
SuperBetter

#### Useful Websites:

<https://www.kooth.com/>  
<http://www.mind.org.uk>  
<https://healthyyoungmindspennine.nhs.uk/>  
<https://youngminds.org.uk/resources/>