

Sleep is essential for our mental wellbeing – check out your sleep habits and follow these handy tips to help boost your sleep quality:

### Wind down sleep routine

Create your own relaxing and regular sleep routine ie gentle music, bath, a good book... whatever feels right for you.



### Ditch the devices 1 hour before bed

Switch off gadgets – phones, laptops, tv's, they interrupt your sleep hormones and keep your mind revved up.



**Create a sleep-friendly space**  
Make sure your room is quiet, cool, comfy, darkened and uncluttered.



# HYCS

**Talking to us can really help**  
**Hounslow Youth Counselling Service**

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# Sleep matters



**HYCS**

**Pocket guide**



### Keep it calm

Avoid heated late night discussions and instead try out meditation, guided meditation or relaxation exercises to quieten the mind.

### Cut out the caffeine

Avoid caffeinated drinks (tea/coffee/fizzy drinks) 4-6 hours before bed and opt for decaff' options such as a milky drink instead.



### Avoid clock-watching

Clock-watching will just wind you up. Instead....



### Take a 'time out'

If you can't sleep, take a time out – get out of bed do something else then try again later.

### Relax, rest and digest

Avoid strenuous exercise or eating heavy meals before bed.



### Bedside jotter

Leave a notepad by your bed – jot down worrying thoughts, then close the book until morning.

### Power naps

If you need to nap, keep it brief and stick to short (daytime) naps of about 20 mins.

### And breathe...

And finally, as you settle down to sleep, take a few calm, restful breaths.... and.....

ZZZZZZZZZZzzzzz

### Need help?

• **HYCS for free, confidential counselling support 020 8568 1818**

### Helpline support 24/7

- **Childline 0800 1111** (24hr)
  - **Samaritans 116 123** (24hr)
  - **YoungMinds Crisis Messenger**
- Text YM to 85258** 24/7 support

**Calm** – A free mindfulness and meditation app/website. [www.calm.com](http://www.calm.com)

**Headspace App** – [www.headspace.com](http://www.headspace.com)  
Guided meditations for all levels to relieve anxiety.

**Pzizz App** – [www.pzizz.com](http://www.pzizz.com)  
helps you to beat sleeping difficulties, reduce stress and relax.

**Sleep Council** – [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)  
4pm - 6pm Mon' to Friday [www.nopanic.org.uk](http://www.nopanic.org.uk)  
or call recorded relaxation message for panic –  
**01952 680835** – 24 hours

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