

# WELLBEING NEWSLETTER

Creating happy, resilient families



**In this edition we talk about Sleep: How a lack of sleep can lead to difficulties with mood and mental health**

Sleep is a crucial aspect of our overall well-being, yet it is often overlooked as part of good mental health. The importance of a good night's sleep cannot be overstated, as it plays a vital role in our mood and our emotions

Studies have shown that a lack of sleep can lead to irritability, anxiety, and even depression. It is during sleep that our bodies and minds rejuvenate and recharge, allowing us to face the challenges of the day with clarity and focus.

Help you teen to prioritise sleep and

## TOP TIPS

It can be hard to encourage our teens to establish a bedtime routine. Discuss the importance of creating a consistent bedtime routine, as this can signal to their body that it's time to wind down and prepare for sleep.



Suggest your teen puts their phone across the room, so they are not tempted to use it during the night. This could be negotiated together to reduce their blue light screen time before bed, it can interfere with your body's natural sleep-wake cycle.

Try a heavier blanket on the bed, this can help them feel more 'wrapped up' and secure ready for sleep.

Suggest they write down their thoughts before bed, so there is somewhere to put them and helps stop the thoughts go round their head. A to-do-list is sometimes helpful too, if your teen is worrying about things they have got to do the next day.

<https://www.youngminds.org.uk/young-person/blog/what-to-do-if-you-re-struggling-to-sleep/>

Teenagers can sometimes struggle to get out of bed in the morning



  
**Helpful  
Websites!**



How does sleep relate to mental health?



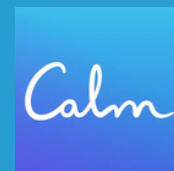
## Useful Books & Podcast



This month's podcast:  
How sleep and green space can  
help your mental health



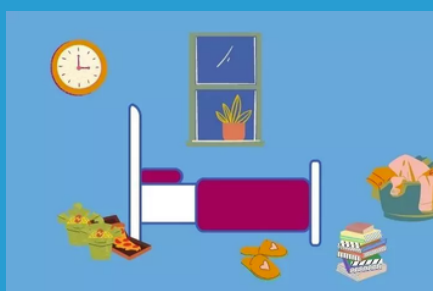
This month's  
App for sleep &  
meditation



World Sleep Day is March 15, 2024. World Sleep Day delegates and sleep health advocates across the world will take action in their local communities, clinics, and countries to raise awareness of sleep health. Join us!



The aim of this report is to raise awareness about the importance of sleep and its crucial role for our health, both physical and mental, just like diet and exercise. In Part I of this report, we provide information about sleep, why we need to sleep, and what happens during sleep.



[CLICK HERE](#)

World Sleep Day - you'll want to stay awake for this!  
Friday 15 March 2024 marks World Sleep Day - so let's take a dive into why it's vital your teen is getting enough shut-eye! Sleep is essential for good health and without enough sleep, your teen will struggle with tiredness, irritability, lack of concentration, poor diet and they're less likely to exercise. All of which is bad news for their ability to cope with school and life in general.

