Routine is key and you should aim for 8-10 hours, with consistent sleep and wake times, even on weekends. Avoid sleeping late into the afternoon or napping as this will just make you more tired.

Associations will really help you: beds are only for sleeping. Keeping exercise to the first half of the day and choosing calming activities before sleep break the connection between day and night.

Social media scrolling, using your mobile or gaming in bed are habits to break, as the blue light and stimulating activity makes your sleep later, shorter and more disrupted.

Light is hugely important to good sleep, positive moods, and energy levels. First thing in the morning open your curtains and get lots of natural light during the day. At night keep your room cool, comfortable, quiet and dark.

Caffeine disturbs your sleep. Limit any stimulating substances like coffee and energy drinks or bars - and especially in the afternoons and evenings.

INCLUSION FACILITATORS

5 Tips for Families ... to help young people get better sleep ...

P&TS PSYCHOLOGY AND THERAPEUTIC SERVICES

Suffolk County Council