

# School Based Newsletter

VOLUME # 1

- Going to bed at the same time and waking up at the same time every day will schedule the hormones in your body to continue the schedule that you're on
- If you notice racing thoughts when trying to sleep or before bed, keep a notebook by your bed and write them down. Frequently this helps to contain them.
- Don't do anything in bed besides sleep. If your body gets used to your bed for reading or scrolling through your phone, your body will try to keep you awake for those things when you lay down.
- If you can't sleep for more than a half an hour, get up. Clean something, do something calming, watch a show you've seen already, but don't stress out about it. Just reset your bedtime routine and add a coping skill for anxiety if you need it.



## Five More Minutes!

One of the biggest struggles of getting out of any break from school, be it summer break, winter break, or even just the weekend, is getting up early enough for school on the first day back. It is so common that kids, and people as a whole struggle with this and one of the best ways to make this easier is sleep hygiene.

What is sleep hygiene? Sleep hygiene is about having clean and clear sleeping habits, just like we try to keep healthy diets. Sleep hygiene helps us have a consistent sleep schedule, and can improve the quality of sleep as well as the quantity. The best way to know if you need to improve your sleep hygiene is if you notice that in the mornings you wake up and are still tired. Even though some people will get the recommended amount of sleep for their age group, especially now that we live in a technologically advanced world with constant stimulation from electronics, people are needing more sleep. So if you're waking up tired every morning, take a look at the following and see what would work for your life:

One of the easiest ways to improve your sleep hygiene is to be aware of how you're using technology before bed. If you can, you should stop using screens about an hour before bed. The blue light in screens mimics sunlight and will keep your body awake longer. If you need your screens for whatever reason, then pay attention to what you're doing on them; watch relaxing or funny videos instead of things like the news or other stressful topics. If you're playing a game play something relaxing instead of something horror/suspense based. If you're looking for the least invasive change you can make with your technology, turn on the blue light blockers on your screens, and set them on timers to go on at the same time every day. This can be called "eye comfort shield", "night mode", "night shift", or "blue light filter". It turns everything just slightly orange and doesn't change the content of the screen.

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*"Sleep is an investment in the energy you need to be effective tomorrow." – Tom Roth*

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