

Creating happy, resilient families

This month's wellbeing edition is about "Healthy Sleep, Healthy Minds"

Teenagers and sleep don't always mix.

Late-night gaming, endless scrolling, and socialising can push bedtime later and later—while early school starts leave them exhausted. Yet, 8–10 hours of quality sleep is crucial for their mood, focus, and ability to handle stress.

While you can't force them to sleep, small and realistic changes can help.

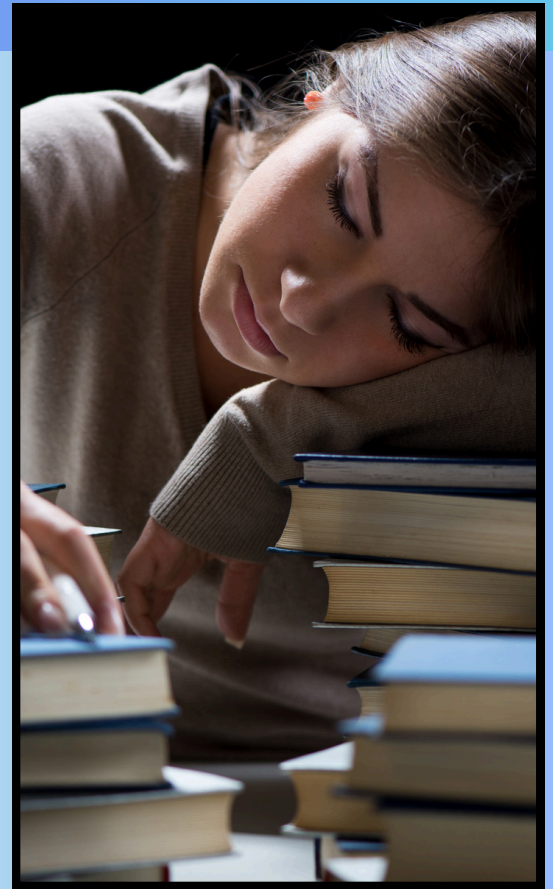
Top Tips



Practical Sleep Tips for Parents & Carers:

- ✓ Agree on a Realistic Bedtime – Work with your teen to set a target, rather than dictate one.
- ✓ Use a Wind-Down Window – Encourage dim lighting, a warm drink, or an audiobook before bed.
- ✓ Set a Device Curfew – Suggest charging phones outside their room overnight to limit late-night scrolling.
- ✓ Talk About Caffeine – Help them understand how energy drinks and fizzy drinks disrupt sleep.
- ✓ Encourage Movement – Even a short daily walk helps regulate their sleep cycle.
- ✓ Encourage Daily Exercise – Physical activity during the day helps teens sleep better at night.

Rather than battling over bedtime, focus on small, consistent habits. Even minor shifts can improve their sleep (and your mornings!)



[Useful Website – Click Here](#)

[Teens and Sleep](#)

Sleep is essential for teenagers because it plays an important role in their physical and mental development.

Unfortunately, research indicates that many teens get far less sleep than they need. They face numerous challenges to getting consistent, restorative sleep. Recognising those challenges helps teens and their caregivers make a plan so that teens get the sleep they need.



A Poem for You

When the day is done, and
the sky turns deep,
It's time to rest, it's time to
sleep.
Close your eyes, let worries
fade,
A peaceful night is gently
made.
Screens turned off, the
room is still,
Calm and quiet, as dreams
fulfil.
Eight hours or more, your
mind will mend,
To wake refreshed, with
energy to spend.
So set a routine, soft and
slow,
Healthy sleep will help you
grow.
For rested minds are clear
and bright,
Ready to learn, to shine,
and take flight.



Teens & Young People
Advice and information
for teens and young
people



**Book of the
month – click here**

Turn off the light. Turn off your
phone. Turn off anxious thoughts.



Sleep and Teens

**Podcast of the month –
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**"Sleep is the best meditation."
– Dalai Lama**