



Sleep Workshop



Day of the week							
What time did you go to bed?							
What time did you go to sleep?							
Did you stay asleep all night?							
What time did you wake up?							
What time did you get out of bed?							
How many hours sleep did you get?							
Notes: Anything that helped you, or stopped you from sleeping?							



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What if I can't sleep?

Breathing exercises

Use your index finger to trace around the edges of the fingers on your opposite hand.

Count 1, 2, 3, 4 and breath in as you go up the first finger.
Count 1, 2, 3, 4 and breath out as you go down the finger.

Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.



What if I can't sleep?

Mindfulness - Use your senses

Notice **5** things you can see
Notice **4** things you can feel
Notice **3** things you can hear
Notice **2** things you can smell
Notice **1** thing you can taste



What if I'm worried or scared?

Write it down -

If something is worrying you and there's nothing you can do about it right away, try writing it down before going to bed.

Once it's written down, you can tell yourself you'll deal with it tomorrow.



What if I'm worried or scared?

Talk to a grown up -

If you talk to an adult (family members, or teachers) they might be able to help you solve your sleep problems or talk through how to solve other problems that are keeping you awake.

In fact, just saying it out loud to somebody could help you relax enough that you'll be ready to sleep!



You can get practical help and advice at thesleepcharity.org.uk