



Sleep

More than 1 in 5 students in years 5-13 are too worried to sleep.



Most secondary students are gaming or on social media just before they want to sleep

Tips for better sleep:

Try reading or doing something offline in the hour before going to bed.

Avoid daytime naps, and keep a regular sleep schedule

Try to do some exercise in the day as being physically tired helps

Create a calming atmosphere by playing soft music or white noise

The data provided on this poster was compiled from the 2021 OxWell survey from over 30,000 students in 180 schools

Websites with more information:

<https://www.mentalhealth.org.uk/publications/how-sleep-better>

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>