

What Do You Need to Get a Good Night's Sleep?

When you go to bed, what helps you to sleep well?

Think about the last time you had a good night's sleep.

What happened? Did you go to sleep quickly, stay asleep all night and wake up feeling full of energy?

Look at all the different ways that getting a good night's sleep benefits you.



After a good night's sleep, you should wake up feeling refreshed and energised for the day.

Think about the last time you had a good night's sleep.

What do you think made it a good night's sleep?

Look through the ideas below and see which ones you think would help you to sleep well. Circle, highlight or tick the ideas that you think would work well for you.

Have a bath before bed.

Read a book in bed before trying to go to sleep.

Play on a device in bed.

Have sugary foods or drinks before you go to sleep.

Put loud music on.

Have a well-lit room.

Keep the room dark and quiet.

Get the room to the right temperature – not too hot or too cold.

Now create your own poster to encourage and help people to get a good night's sleep.