

Sleep

At bed time

1. Go to bed and wake up at the same time every day
2. Make things comfortable - close curtains, put nightlight on, tidy, lavender
3. Have a routine- wash face, worry time, read, use night screen on phone
4. Do relaxation- deep breathing, tensing muscles and relaxing them

In the day

1. Do exercise – 30 minutes every day
2. Don't drink caffeine after lunch time – coffee, tea, energy drinks.
3. Don't smoke before bed
4. Eat well- lots of fruit and vegetables
5. See friends and do lots of activities
6. DON'T sleep in the day- go for a walk instead

Worry time

Everyone tends to worry at bed time because you are on your own and have time to think.

1. Have 'worry time'- at the same time every night for about 15 minutes. Only worry during this time. Train your brain to stop worrying at other times.
2. Talk to your 'worry dolls'. Tell them your worry and put them under your pillow so you don't need to keep thinking about them.
3. Talk to your friends and staff about the things that worry you. It's good to talk. It won't make the worry worse.
4. Think of 5 good things about your day. Focus on these when you start worrying.



Bad dreams

Try these things....

1. Think of your bad dream but think of a new ending where it turns out well. Think about the new dream every night before you go to bed.
2. If you wake up remind yourself you are at home and are safe.
3. Splash some water on your face
4. - 5 senses-
 - **look** at something nice (a photo or picture)
 - **Smell** something that is nice to you (lavender)
 - **Touch** something that feels nice (soft clothes)
 - **Listen** to familiar sounds (a car or people talking)
 - **Taste** a drink of water
5. Reassure yourself you are ok and nothing bad can happen to you. It was just a dream.

Sleep Session handout for Unaccompanied Asylum Seeking Children in West Sussex.

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