



## Teen Yoga Ambassadors

### Guidance for good sleep hygiene (list created by TYA Level 1 students April and July 2021)

- Keep your room clean and tidy
- Try to keep the same time for going to bed and waking up – **regularity**. Your brain likes the same pattern.
- Take a shower or bath before bedtime
- Drink a soothing herbal tea
- Minimise phone use or screen time before winding down – the sleep hormone melatonin likes darkness
- Practise a few yoga postures from the calm or bedtime sequence on the Mood Cards
- Read or listen to something inspirational
- Avoid caffeine
- Take time for a visualization, a Nidra or a meditation
- Be prepared for the next day by packing your bag, writing a list
- Journal to help you release any worries and connect with yourself at the end of the day
- Put some essential oils like lavender in your room
- Consider your best sleeping position
- Be aware of the best room temperature, covers on your bed. Good sleep is supported by a room which is quite cool.
- A dark room also favours good sleep
- Find your own wind down routine for at least 20 minutes

It might also be helpful to have a plan that if you do wake up and are struggling to return to sleep you have something to sooth yourself like writing in your journal, listening to calm music. You may even need to get up and only return to bed if you are sleepy.

If you think you have a sleep disorder you might need to speak with a doctor or medical professional about this.