

Tell your young person not to worry about sleeping well. They must accept that at the moment it is not good, but you both have lots of ideas for improvements.

Help your young person to cut down on soft drinks, chocolate, coffee and tea. These contain large amounts of caffeine making it harder to sleep. Try avoiding caffeine in the afternoon and evenings altogether.



Beds are made for sleeping. Encourage your teenager to watch films, check social media and so on somewhere other than bed. Make sure your young person has a desk or table to do their homework at, and if possible, ideally in another room.

Discuss and negotiate use of electronics at night. Try to come up with a period of time before bed (eg 30 minutes) when electronics are not used. It may be an idea to put all screens in a different room for bedtime.



Set up a relaxing bedtime routine and atmosphere for both you and your teenager. Such as having 'quiet time' before going to bed, dimming lights, having a bath, reading, having comfortable pyjamas.

If your teenager doesn't fall asleep and is tossing and turning, they could try going to a different room to distract themselves for a little while with a quiet activity (such as reading), and then returning to bed. If they don't fall asleep in 15 minutes, they can repeat the process.



Set an alarm clock for your teenager and gently encourage them to get up. They're likely to be resistant and irritable so be patient.

In the morning, draw back the curtains and let as much natural light in as you can. Daylight stimulates melatonin (a hormone that helps control your sleep and wake cycles) and helps to reset internal clock. Encourage your teenager to spend time in daylight.



Encourage your teenager to take exercise, walk and be active. This will encourage night time sleepiness.

