



TRAINING NETWORK

SLEEP AND WELLBEING

Good sleep. Better mood. Stronger mind.
When you sleep well, you feel better,
think clearer and can handle life's challenges.
Small changes = BIG impact.

TEEN RESOURCE



★ WHY SLEEP MATTERS

Sleep helps your body and brain to:

- ♥ Improve mood
- ♥ Boost memory and focus
- ♥ Support physical health
- ♥ Manage stress
- ♥ Stay motivated
- ♥ Make better choices



♥ Good sleep helps you show up as your best self—every day.

🌙 HOW MUCH SLEEP DO YOU NEED?

Most teens need 8–10 hours of sleep each night. It's normal to feel tired sometimes, but if you're always tired, you might not be getting enough.

8–10 HOURS



Better Mood



Better Focus



Better Health

♥ Sleep isn't a luxury. It's a necessity.

👍 SIGNS YOU MIGHT NEED MORE SLEEP

- ♥ Feeling tired during the day
- ♥ Struggling to focus
- ♥ Irritability or mood swings
- ♥ Low motivation
- ♥ Headaches
- ♥ Difficulty remembering things
- ♥ Relying on caffeine or naps



♥ Listen to your body. It's telling you something. Rest is the reset you need.

TIPS FOR BETTER SLEEP

KEEP A ROUTINE



Go to bed and wake up around the same time every day.

CREATE A CALM SPACE



Make your room cool, dark and quiet.

LIMIT SCREENS BEFORE BED



Try 1 hour screen-free before bed. Blue light can disrupt sleep.

RELAX BEFORE SLEEP



Try reading, listening to music, stretching or meditation.

WATCH WHAT YOU EAT & DRINK



Avoid caffeine, sugary drinks and heavy meals close to bedtime.

♥ Small habits tonight = Better sleep tomorrow.

BUILD YOUR EVENING WIND-DOWN

Try creating a 30–60 minute routine that helps you relax.

💡 Dim the lights	→	Signals your brain it's time to sleep
♥ Do something relaxing	→	Helps reduce stress and worries
📱 Put your phone away	→	Less distraction, better sleep
🕒 Reflect and let go	→	Write down worries, practice gratitude
📅 Get ready for tomorrow	→	Less stress, better rest
♥ Get a good night's sleep	→	Wake up refreshed and ready!

🌞 THE POWER OF DAYTIME HABITS

What you do during the day affects your sleep at night.

- ✓ Get natural sunlight
- ✓ Be active
- ✓ Eat balanced meals
- ✓ Stay hydrated
- ✓ Manage stress
- ✓ Avoid long naps (Keep naps < 30 mins)



♥ A healthy day leads to a better night.

⊖ DITCH THE SLEEP STEALERS

These can make it harder to sleep.

- ✗ Caffeine (coffee, energy drinks, cola)
- ✗ Late night screens and social media
- ✗ Vaping, nicotine or alcohol
- ✗ Overthinking and stress
- ✗ Inconsistent sleep schedule



♥ Small changes. Big difference.

♥ WHEN SLEEP IS HARD

It's okay to have nights where you can't sleep.

If it happens often, try:

- ♥ Talking to a trusted person
- ♥ Journaling your thoughts
- ♥ Breathing exercises
- ♥ Limiting stress where you can
- ♥ Reaching out for professional help



♥ You don't have to figure it out alone. Asking for help is a sign of strength.

📝 SLEEP CHECK-IN

How was your sleep last night?

- 😊 Great! I feel refreshed. ☐
- 😐 Okay, but could be better. ☐
- 😞 Not great, I'm tired. ☐
- 😫 Really tough, I need support. ☐

♥ Check in with yourself. What do you need more of?

🌙 THINGS THAT HELP ME SLEEP

List 3 things that help you relax and sleep better.

1. _____
2. _____
3. _____

♥ Do more of what helps you rest.

★ I WILL...

Choose 1–2 things you will try this week to improve your sleep.

1. _____
2. _____

♥ Small steps today. Better sleep every day.

🎯 MY SLEEP GOALS

What is one goal you have for your sleep?

Why is this important to you?

♥ You've got this! Take care of you.

♥ SLEEP AFFIRMATIONS

Read these when you need a reminder.

- ♥ I deserve rest.
- ♥ I am allowed to slow down.
- ♥ I choose habits that help me sleep.
- ♥ I wake up with energy and purpose.
- ♥ I take care of my mind and body.
- ♥ Rest. Recharge. Repeat. You matter.



REST ISN'T LAZY. IT'S SMART.
YOU CAN'T POUR FROM AN EMPTY CUP. SLEEP. HEAL. THRIVE.



LEARN • GROW • THRIVE

Helping children, teens and families build a healthier, happier future.



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