



TRAINING NETWORK

SLEEP AND MENTAL HEALTH

TEEN RESOURCE

Good sleep helps your mind, body and feelings.
It improves your mood, focus, energy and resilience.
Better sleep = better you.



★ WHY SLEEP MATTERS

Sleep isn't just rest – it's when your brain and body recharge and reset.

Good sleep can help you:

- ♥ Improve mood and reduce stress
- ♥ Think more clearly
- ♥ Remember things better
- ♥ Stay healthy and strong
- ♥ Feel more motivated



♥ Remember: Your sleep affects how you feel, think and handle life.

🌙 HOW MUCH SLEEP DO YOU NEED?

Most teens need 8–10 hours of sleep each night.

AGE	RECOMMENDED HOURS
11–13 years	9–11 hours
14–17 years	8–10 hours
18+ years	7–9 hours

♥ Everyone is different – listen to your body and aim for what works for you.

👍 GOOD SLEEP vs. POOR SLEEP

GOOD SLEEP

- ♥ Better mood
- ♥ More energy
- ♥ Improved focus
- ♥ Less stress
- ♥ Stronger immune system
- ♥ Better memory

POOR SLEEP

- ♥ Feeling tired
- ♥ Irritable or low mood
- ♥ Poor concentration
- ♥ More stress and worry
- ♥ Headaches
- ♥ Weaker immune system

♥ Small changes to your sleep can make a BIG difference.

BUILD HEALTHY SLEEP HABITS

KEEP A ROUTINE



Go to bed and wake up at the same time every day – even on weekends.

CREATE A WIND-DOWN TIME



Spend 30–60 minutes relaxing before bed. Read, listen to music or try stretching.

LIMIT SCREENS



Avoid screens at least 1 hour before bed. Blue light can keep you awake.

MAKE YOUR ROOM SLEEP FRIENDLY



Keep it cool, dark and quiet. A comfy space helps you sleep better.

LOOK AFTER YOUR BODY



Stay active during the day, eat well and drink enough water. Avoid caffeine late in the day.

DON'T STRESS AT NIGHT



Write down worries or try a breathing exercise to clear your mind.

🌸 QUICK RELAXATION TECHNIQUE

Try the 4-7-8 Breathing:

- 4 Breathe in through your nose for 4 seconds
- 7 Hold your breath for 7 seconds
- 8 Breathe out slowly through your mouth for 8 seconds

Repeat 4 times. Feel more calm and ready for sleep. ♥

! WHAT AFFECTS YOUR SLEEP?

Some things can make it harder to get good sleep:

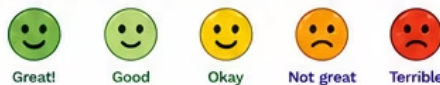
- ✗ Too much caffeine or energy drinks
- ✗ Late-night screen time
- ✗ Irregular sleep schedule
- ✗ Stress and overthinking
- ✗ Unhealthy eating late at night



♥ Remember: You have more control than you think!

📋 SLEEP CHECK-IN

How has your sleep been this week? Circle your answer.



What's one thing you could improve?

What's one thing that helps you sleep better?



★ SLEEP BOOSTERS

- ✓ Natural light in the morning
 - ✓ Regular exercise
 - ✓ Healthy meals
 - ✓ Talking about how you feel
 - ✓ Gratitude – focus on the good
 - ✓ Positive self-talk
- ♥ Take care of your sleep, and it will take care of you. ★

🌙 NIGHT TIME WIND-DOWN IDEAS

Pick a few to add to your routine:



Read a book



Listen to calming music



Take a warm shower



Do gentle stretches



Write in a journal



Practice gratitude

♥ Find what works for you and make it a habit.

🎯 SLEEP GOALS

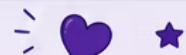
Write down 1–3 sleep goals you want to work on:

- _____
- _____
- _____

♥ Small steps. Consistent choices. Big results.



REST ISN'T LAZY – IT'S SMART.
PRIORITISE YOUR SLEEP. PROTECT YOUR MENTAL HEALTH.



LEARN • GROW • THRIVE

Email: g@hhtrainingnetwork.com

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

Website: hhtrainingnetwork.com

