Brayton Academy

Why is sleep important?

Sleep benefits the brain and promotes attention and memory. It makes thinking sharper, recognising the most important information to consolidate learning. Whether it's studying for a test, learning an instrument, or acquiring job skills, sleep is essential. It also supports our emotional and physical health. Given the importance of sleep, it's important that we have a good night sleep.

Sleep

Top tips to get to sleep and sleep better

Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.

Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.
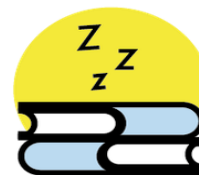
Video: Tips for sleeping better

Move more, sleep better

Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.

Better Health: Home workout videos

Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit and return to bed when you feel sleepier.

Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.

Video: Tackle your worries

Put down the pick-me-ups

Caffeine and energy drinks can stop you falling asleep and prevent deep sleep. Try to cut out caffeine close to bedtime.

WELLBEING IN MIND TEAM