

SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 5: Week 5, Term 2

SLEEP

Not getting 8-10 hours of sleep each night? Finding it hard to catch those zzzz's? 😴
You and us both!

Changes to routine, tricky feelings (like stress), and moving around less than usual, can make our bodies feel out-of-whack and can make it harder for us to fall asleep or to stay asleep during the night. Sleep is an important time for our bodies to recover and our minds to process everything that has happened during the day. When we have poor sleep, it can make our bodies feel drained or heavy, and it can cause our mental health to go downhill.

There are many things we don't have control over at the moment. But getting a good night's rest is something that we do have control over and is super important for our wellbeing.

Signs of Poor Sleep



Taking forever to fall asleep
Waking up constantly throughout the night
Not being able to stop thinking or "switch off" your mind



Feeling tired throughout the day
Yawning, all the time!
Finding it hard to wake up or get out of bed in the morning



Needing more caffeine than usual (e.g. coffee, soft drinks, energy drinks)
Craving junk food
Eating more than usual



Having difficulty with concentration, memory and motivation
Experiencing mood swings and feeling grumpy or anxious
Feeling unwell in your body (e.g. headaches, sluggish, nausea)



We know that this may be an anxious time for some of you. Even though you may not be at school, you can still access the School Psychologists! You can make a referral by using the link below:

<https://forms.gle/137haHcTtqM862kQ9>

General Tips For Healthy Sleep



Go to bed and wake up at the same time every day (even on the weekends!)



Don't go to bed feeling hungry, but also don't eat a heavy meal right before bed



Avoid caffeine consumption (e.g., coffee, soft drinks, chocolate) starting in the late afternoon



Develop a relaxing routine before bedtime – ideas include bathing, music, and reading



Expose yourself to bright light in the morning – sunlight helps the biological clock to reset itself each day



Reserve your bedroom for sleeping only – keep cell phones, computers, televisions and video games out of your bedroom



Make sure your bedroom is conducive to sleep – it should be dark, quiet, comfortable, and cool



Exercise regularly during the day



Sleep on a comfortable mattress and pillow



Don't have pets in your bedroom

Gaming and Internet Use

Healthy use of gaming and internet is fantastic. It can help us feel connected with others, improve our self-esteem, help us feel relaxed and, above all, it's fun! However, being online too much and especially at nighttime can impact our sleep in a negative way. It can make it harder to fall asleep, reduce the quality of our sleep, and can make it hard to stick to your sleeping routine.

Here are three tips to keep on gaming and using the internet, while also getting a good night's sleep.



1-hour switch off

Turn off your games, screens, and social media one hour before bed



Night mode

Lower the brightness or switch your devices to night mode



Remove temptation

Move and charge your devices in another room at night

APP OF THE WEEK



Smiling Mind lets you choose the right mindfulness exercise for your needs, and it has a sleep program too!

BOREDOM BUSTER

Explore the oceans around the world with underwater and above ground cameras. Enjoy watching dolphins, walrus, and sea lions while chilling out or enjoy a nice warm cuppa.

<https://explore.org/livecams/oceans/>



For additional help and information, take a look at these websites:

Headspace

<https://www.headspace.com/sleep/sleep-hygiene>

Sleep Health Foundation

<https://www.sleephealthfoundation.org.au/>

Kids Helpline

<https://kidshelpline.com.au/teens/issues/why-sleep-so-important>