



Student Guidance: Sleep & Energy

Feeling constantly tired can make school, friendships and even small tasks feel harder than they should, but small changes to routines can make a real difference to your energy and focus.

Sleep is not just about feeling rested. It affects your mood, memory, concentration and how well you cope with stress during the day. Teenagers' brains are still developing, which means your sleep patterns can shift, especially with phones, gaming or late-night scrolling. The goal is not to be perfect, but to build habits that help your body and mind recharge.

Why sleep matters more than you think

- Better sleep helps you focus, remember information and manage emotions
- Lack of sleep can feel like anxiety, stress or low motivation
- Your brain needs time to switch off so it can reset for the next day

Managing phones without feeling disconnected

- Charge your phone away from your bed if possible
- Use "do not disturb" or night settings to reduce notifications
- Remind yourself that messages can wait until morning

Ask for help

If you're feeling overwhelmed and need to talk:

- Speak to your college pastoral team
- Visit [Kooth.com](https://www.kooth.com)
- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat

Small changes to your evening routine

- Try a short wind-down period before bed without bright screens
- Swap late scrolling for music, reading or something calming
- Keep sleep and wake times as consistent as possible

Feeling more alert during the day

- Get natural light or movement early in the morning
- Drink water and eat regularly to keep energy steady
- Take short movement breaks instead of pushing through exhaustion