

Check list for sleep problems

- * You are lying in bed in the evening and can't get to sleep for ages.
- * You wake up in the night and can't get back to sleep. Sometimes you have nightmares.
- * You are really tired in the morning and can hardly get out of bed.
- * You don't have much energy to do anything. Or you are irritable and it doesn't take much to make you angry.

At the Bremer Jungenbüro you can talk about your worries. We also know lots of exercises. You can learn how you can calm yourself down, for example. You will also see some doctors' tips on this list. These tips can help you sleep better. And you can fall asleep more easily. You might find some of them quite hard. Just try and see what you can manage.

Time to go to sleep

Go to bed at the same time every night. Always get up at the same time in the mornings. Only go to bed at night-time. Get up in the morning soon after you wake up. Never try to sleep during the day. Then your body will learn when to sleep and when not.

Bedroom

Your bedroom should be dark. It should not be too hot or too cold in your bedroom.

Mobile phone and Facebook

Always switch your mobile phone off at night-time. Do not put it next to your bed.

Don't go on Facebook any more in the evenings. It's best not to go on it any more after 8 pm. Don't read any other messages either. Avoid anything that might stress you out.

Films and games

It is harder to fall asleep if you watch action films or play computer games in the evenings. They make your body and soul restless, which is why you can't find any peace of mind.

Music or audio books

Listening to music can help you fall asleep, BUT only listen to very calm music because the beat can make your heart restless.

Lots of people can fall asleep well if someone reads out loud to them. You can borrow audio books from the city library. Try it out. If possible, don't use your mobile phone either to listen to music or audio books. If you don't have another device, switch your mobile phone to airplane mode when you listen to music on it in the evenings!

Food

Don't go to bed at night on a full stomach. But don't go to bed hungry either. If you wake up at night, try not to eat anything because that stimulates your body and it is supposed to be sleeping.

Drink

Lots of people sleep badly when they have drunk alcohol. Don't drink any coffee, tea, coke or energy drinks either. Caffeine wakes you up. Make yourself a cup of herbal tea before going to sleep or a calming tea from the pharmacy.

Smoking

People who smoke cigarettes or dope before they go to bed sometimes fall asleep better. But their body does not recuperate very well when they are asleep. So they are still tired in the daytime.

Sport and exercise

Go outside a lot because lots of daylight can help you sleep better. Sport is good and makes you tired. But sport late in the evening makes you restless and it takes longer for you to be able to fall asleep. It is therefore better not to play any more sport after 9 pm.

Noise

Earplugs help with noise and don't cost much money. You can get them from the chemist or pharmacy.

Medication

There are some medications that help you sleep better too. Talk to a doctor about it. But try everything else first.