



**'AS HIGH TUNSTALL LEARNERS WE  
INSPIRE ONE ANOTHER BY GETTING  
INVOLVED, BEING IMAGINATIVE AND  
ENJOYING CHALLENGES**

**AS HIGH TUNSTALL LEARNERS WE  
SUPPORT ONE ANOTHER BY SHOWING  
RESPECT, BEING POSITIVE AND  
HAVING PRIDE IN OUR COMMUNITY**

**TOGETHER, AS HIGH TUNSTALL  
LEARNERS WE CAN ACHIEVE**

**THE HIGH TUNSTALL LEARNER – EMBRACE  
EVERY OPPORTUNITY'**



## CONTACT US

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The High Tunstall guide to ...

**SUPPORT WITH  
YOUR SLEEP**

# WHAT ARE SLEEP DISORDERS?



**We all have evenings when we find it hard to fall asleep or find ourselves waking up in the night. How we sleep and how much sleep we need is different for all of us and changes as we get older. Sleep problems usually sort themselves out within about a month. But longer stretches of bad sleep can start to affect our lives. It can cause extreme tiredness and make usually manageable tasks harder. If you regularly have problems sleeping, you may be experiencing insomnia. Insomnia can last for months or even years, but usually improves if you change your sleeping habits. The following acts as a guide as to what you can do to support your wellbeing and development in this particular area ...**



## WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

**For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact either Mrs Peek or Mrs Whitaker. Mrs Peek is usually based in the Personal Development office in the North Building but will be around College each day. Mrs Whitaker is based in reception.**

## METHODS OF SUPPORT

### HELPFUL WEBSITES

NHS – Live Well – Please visit <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/> for up to date advice in relation to sleeping and tiredness and strategies to help.



Mind – Please visit <https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/> to look at how sleep can affect Mental Health and what help there is to support you with sleeping difficulties and the importance of good rest.



### HELPFUL APPS

Sleep Cycle: Sleep Cycle monitors your sleep patterns and offers detailed statistics and daily sleep graphs so you can get a better understanding of what's going on when you hit the hay – or what may be interfering with a good night's sleep.



Relax Melodies: Sleep Sounds: Choose sounds and melodies to customize and mix on Sleep Melodies to lull yourself to sleep, or try Sleep Moves. These sleep inducing programs feature guided exercises with a pillow to help you enjoy restful sleep, and they've been approved by health and sleep professionals.



### TUNNY TOP TIPS

- Limit screens in the bedroom
- Exercise for better sleep
- Don't binge eat before bedtime
- Cut out the caffeine
- Have a good routine
- Create a calm, dark, quiet, sleep-friendly bedroom
- Avoid long weekend lie-ins
- Talk through any problems before bed