

Can't sleep?


Helpful strategies for education staff

Education Support partnered with the award-winning The Sleep Charity to share practical tips to help you sleep.

1. Create a clear end to your day

Teaching doesn't always have a natural stopping point.

Before you finish work:

-  Write a short list of priorities for tomorrow.






This can help your brain switch off for the evening.

2. Allow time to wind down

Going straight from marking or planning into bed can keep your mind in "work mode".

Try a short transition:




-  Reading
-  Gentle stretching
-  Watching something calm



This helps your body and mind settle.

3. If you're awake and stressed

If you feel wired, frustrated or stuck clock-watching:





-  Get out of bed
-  Keep the lights low
-  Do something calm (reading, stretching, breathing)
-  Go back to bed when you feel sleepy



Remember: Your bed should feel like a place of safety, not stress.

4. Gentle ways to quiet a busy mind

If your thoughts feel active at night, try:

-  Counting backwards in 7s from 1000
-  Linking words together (e.g. apple → tree → leaf)
-  The A—Z game (pick a category and go through the alphabet)
-  Visualising something simple and repetitive



These can help shift your focus and reduce overthinking.

