

Reset your body clock

During adolescence it is common to have a delay in your body clock. It becomes set slightly later so that you feel tired later at night and wake up later the next day.

This is normal but can become a problem if your body clock becomes out of synch with the usual day and night time cycle. If this happens you can reset your body clock so that you are able to sleep and wake up earlier.

- Choose a time (school holidays are ideal) and **wake up naturally**, without an alarm.
- Record this in a **sleep diary** and find out when you are naturally falling asleep (e.g. 12.30 am), when you wake up (9.30 am) and how much time you are spending asleep (9 hours).
- Now gradually **move your bed and wake time back** by 15 minutes each day.
 - If you are sleeping for 9 hours you would go to bed at 12.15 on the first day and would set the wake up alarm for 9.15 am.
 - On the second day you would go to bed another 15 minutes earlier (at 12.00) and would set the wake up alarm for 9.00 am.
- Try to **stick with the bed and wake times**. Make sure you get up when the alarm goes off, even at weekends.
- **Take it slowly**. It will be hard work and we want you to be successful. You may feel tired and grumpy as your body clock readjusts. Expect this and keep going

If this proves too difficult, or you have a large delay in your body clock, you may want to talk with your GP about what help might be available.