



Abe has been feeling tired recently. He went to bed early on Sunday to make sure he felt ready for the week at school, packing his things earlier in the evening to ensure a quick getaway in the morning. But he couldn't get to sleep. So, despite his best intentions, Abe starts Monday by pressing the snooze button, being too late for breakfast and missing the bus, meaning he has to run to school. He gets through the morning by having crisps and energy drinks, which he feels he needs for a quick energy boost. Abe wants to feel that he has a balance between school and home life, so tries to finish schoolwork at school, attending homework club until 5pm. He works hard and then goes to cricket practice at the local club. When he gets home, Abe showers and has dinner, before winding down by messaging friends and watching TV. He tries to get an early night again, but just lies awake.

**How might a lack of sleep affect Abe's wellbeing?**

**What strategies could Abe use to help manage the less helpful behaviours identified?**



Layla stayed up late chatting to her friends online. She has slept through her morning alarm and her dad starts telling her off for being late. Layla shouts back as she runs out of the door.



Abdi's family runs a furniture-making business, so he often helps out in their woodwork shop after school. Recently, he's been worrying about schoolwork, which has stopped him from getting enough sleep. He doesn't want to let his parents down, so he carries on working in the shop.



Su went out with her girlfriend the night before a basketball final as she wanted to take her mind off her nerves. They stayed out longer than expected and she's feeling pretty exhausted ahead of today's fixture.



Tal was up really late, 'cramming' for an exam, so a friend offers him an energy drink. Tal wouldn't normally drink this kind of thing as he knows they aren't that great for your health, but he's too tired to argue.



Alima is late for her Saturday job at a café, so she decides to take her moped. However, she'd slept badly - her phone kept lighting up with notifications during the night and she felt the need to keep checking it - so she is not really feeling that alert.



Connor was playing video games until late last night and struggled to fall asleep. In the morning, when a teacher asks him a question, Connor realises he's been daydreaming and can't answer. He feels like a fool in front of the class so spends the rest of the lesson chatting and being generally disruptive.