

Family Mental Fitness North East

Programme Overview

Teen Sensory Sleep Reset



EYFS	KS1	KS2	KS3	FAMILIES
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Teen Sensory Sleep Reset is a structured 8-week programme designed to improve sleep quality and emotional regulation in teenagers. Blending sensory strategies, emotional literacy, and guided relaxation, this group is ideal for teens with SEMH needs, anxiety, or disrupted routines caused by late-night device use, overthinking, or irregular bedtime habits.

Each session supports teens to develop personalised, sustainable sleep routines that address their individual needs and internal states.

Purpose

To equip teens with calming tools and sleep hygiene strategies that support better bedtime regulation. Sessions help reduce mental overstimulation, increase interoception awareness, and build routines that are realistic and teen-led.

Impact

- Reduced bedtime anxiety and racing thoughts
- Improved body awareness and emotional processing
- Stronger self-management and healthier evening habits
- Increased sense of ownership and control over sleep

Outcomes

- More consistent sleep routines
- Better mood and energy regulation
- Tools for calming the body and mind
- Improved self-awareness around sleep disruptors

Example Session Structure

Each session includes:

- “Sleep check-in” to reflect on the week
 - Guided muscle relaxation or grounding exercise
 - Sensory activity (e.g. scent jars, evening routine cards)
 - Group reflection and setting of one simple sleep goal
 - Take-home tools to try before the next session
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Group Size

- Small group – 4 to 8 teens
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Session Duration

10 × 45-minute sessions

Cost Per Session

Schools and Public Bodies: £24

Subsidised for families: £12

For Funders

Fully funded cost per 12-week programme: £2140

(£27 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26