



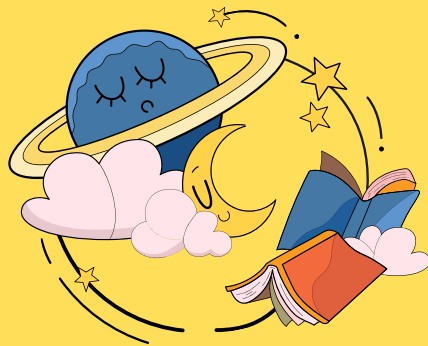
# UNDERSTANDING SLEEP

## Why do we need sleep?

- Sleep is essential to the healthy development of children and young people
- Sleep is vital to our well being for our body to repair itself when we rest
- Sleep is essential for mental well being and functioning
- Good sleep helps our learning

## How much sleep do we need?

- Primary age children need 10-11 Hrs per day
- Secondary age children 8-9 Hrs per day



# Stages of Sleep

- There are 4 stages of sleep
- A sleep cycle is approximately 90 mins
- We have 4-6 sleep cycles per night
- Stage 1-Light sleep, Breathing and Heart rate slow
- Stage 2-Breathing & Heart slowdown further, muscles relax
- Stage 3-Deep Sleep, Restoration stage, Body repair, Brain waves slow down
- REM- Rapid Eye Movement and Dreaming, increased Brain waves



# Effects of lack of sleep

## Effects on Mind and learning

Worsened memory, poor concentration, moodiness, aggression, irritability, and making poor choices

## Diet:

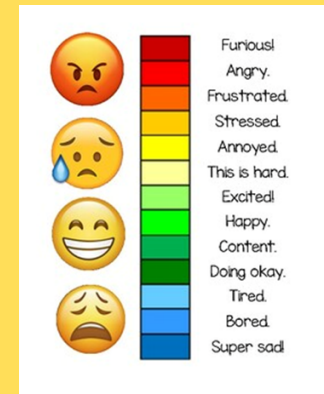
Sleep loss can make children crave sugary foods so it's important to ensure a healthy, balanced diet

## Physical Health:

Lack of sleep can lead to decreased immunity and increased illness

## Mental Health:

Poorer regulation of emotions, tearfulness, and struggles with friendships and relationships

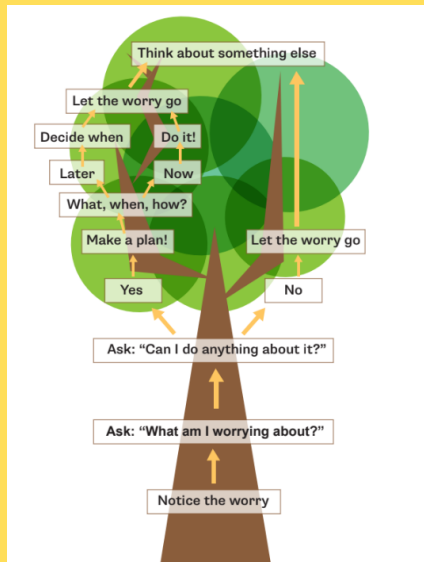


## SLEEP AND LEARNING

- Good sleep hygiene is needed for good learning
- Our brains like a computer work on processing our thoughts and learning all the time by building our network of neurons and synapses in neural pathways in the brain
- Sleep is needed and helps our memory and consolidation of new learning



## MANAGING WORRY AT BEDTIME



## GOOD SLEEP ROUTINE TIPS

- A cool comfortable room
- No distractions or screens for about an hour before bed
- Try and restrict screen time generally and set boundaries around this
- Have a small healthy snack and drink so hunger doesn't interfere with sleep
- Darkened room, not too light
- Read a book or do calming colouring or a story before bed
- Aim to have correct amount of sleep- primary age is 10 Hours
- Have a good set routine for your child that everyone putting your child to bed follows- CONSISTENCY is KEY!
- Establish a relaxing routine eg, bath, bed, brush teeth, story, lights out etc
- Calm music and a night light can often help
- Encourage sleeping in their own bed



## CALMING ACTIVITIES BEFORE BEDTIME

- Bedtime Story
- Yoga and stretching
- Jigsaw
- Colouring
- Audio books
- Saying good night to Teddies and putting toys to bed
- Building blocks and Lego



## COMMON SLEEP PROBLEMS

- Night Terrors- if these happen speak in a calming voice and guide them back to their own bed
- Waking in the night- encourage to self soothe to get back to sleep
- Worries- use the worry tree to help sort worries out and encourage calm
- Monsters! If your child is scared of something help them investigate rather than dismiss their worry
- Dependency on parent being there

## FURTHER HELP & SUPPORT



[rise.childrenssociety.org.uk](http://rise.childrenssociety.org.uk)

