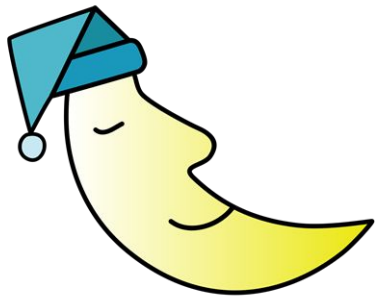


SLEEP





What is sleep?

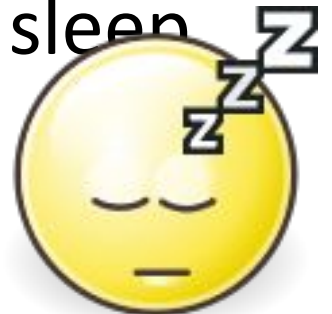
- Every living creature needs sleep. Sleep is the primary activity of the brain during early development, meaning that you sleep a lot more the younger you are. Our bodies require sleep everyday and it is vital for our health and wellbeing.

Sleep is important for:

- Growth and development
- Brain development
- Emotional wellbeing
- Positive Behaviour

How much sleep do we need?

- 3 years – 6 years: **10 – 12 hours** of sleep
- 7 years – 12 years: **10 - 11 hours** of sleep
- 13 years – 18 years: **8 – 9 hours** of sleep





Impact of disturbed sleep



- Mood and behaviour problems
- Lack of attention and concentration which will affect learning
- Increase risk of injury
- Lowered immune system and more frequent illness
- Disrupt brain development

Bed time battles

- There are many reasons for disrupted sleep:
- Excitable before bed
- Nightmares
- Waking during night
- Bed wetting



Bed time routine

- First establish a routine
- All children need routines – it makes the world around you feel safe

Example of a Bedtime Routine

- Home from school
- Snack
- Outside play / physical activity
- Homework / reading
- Mealtime
- Quiet play / family time
- Snack if required (no caffeine, sugar processed foods)
- Bath / pyjamas / teeth
- Get into bed (cool, dark, quiet room)
- Story

Bedtime Routine



Brush your
teeth

Use the
potty

Wash your
hands /
Take a bath

Read a
Book

Lights out

Stay in bed
until
morning

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Sleep Environment

- Cool
- Dark
- Quiet



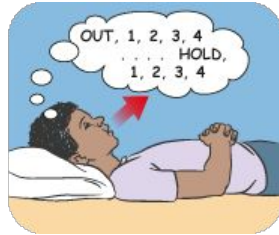
Other Tips

- Gro-clocks
- Bed is only for sleep
- Avoid co-sleeping
- Avoid screen times
- Avoid excitable activities prior to bed



Worries & Anxieties at Bedtime

- Peaceful music / meditation
- Relaxation Techniques
- Worry Box



References:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

<https://www.sleepfoundation.org/articles/children-and-sleep>