



Good sleeping habits



In March 2021, a Mental Health Survey was carried out within school. An area that many pupils said they struggled with was sleeping at night and/or waking in the night. An assembly to support pupils in developing good sleeping habits has been shown to pupils. Hopefully this guidance will support you, as parents, if your child has difficulty sleeping at night due to their lockdown experience or for other reasons.

Lack of sleep can result in...

- Accidents and injuries*
- Behaviour problems*
- Impulsive behaviour*
- Mood problems*
- Memory, concentration, and learning problems*
- Slower reaction times*
- Overeating*
- Poor attendance at school*

A good sleep is essential for physical and mental wellbeing. A routine (the same thing every night) can be an effective strategy in promoting a good night's sleep.

Try these tips...

- A warm (not hot) bath or shower*
- Same routines in the same order e.g. bath/brush teeth*
- Ensuring that the light is dim or you use a night light if needed (this encourages the body to produce the sleep hormone, melatonin)*



- Use of relaxing breathing exercises
- Listen to a bedtime story
- Read a book independently (older children)



Other things to consider

- Keep room between 16-20 degrees Celsius
- Use blackout blinds/curtains on rooms that have a lot of sunlight
- Write down any worries and put them in a worry box, make a worry doll or tell worries to favourite toy before bedtime



Things to avoid

In a digital age, the use of electronic devices can affect our sleep patterns:

- Limit the length of time on devices e.g. mobile phones, tablets, TV
- Do not use electronic devices at least before bedtime
- Keep electronic devices out of the bedroom
- Films, TV programmes, online videos or electronic games that are not suitable for their age group - these can cause disrupted sleep, nightmares or night terrors



If you have tried all these tips and your child is still struggling to sleep, contact your GP.

Further online advice

[Sleep problems in young children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?gclid=EAIaIQobChMI2ujXo-SM8A>