

References and where to get more information

- Sleepfoundation.org
- Great Ormond Street Hospital (search 'sleep hygiene')
- Sleepcouncil.org.uk
- The sleep charity
- youngminds.org.uk (search 'sleep hygiene')
- www.nhs.uk/every-mind-matters/mental-health-issues/sleep/
- Headspace.com



This leaflet has been produced to help parents understand sleep hygiene and suggested tip sheet only. Every adult/child is different. The information and tips may help take the battle out of bedtime and sleep. It is important to establish a routine and support consistency. If you need any further support do not hesitate to contact Linda Parry or Kate Wakeford on 01252 785008 linda.parry@Wavell.hants.sch.uk

The Wavell Cluster includes:
The Wavell Secondary School
South Farnborough Infant School
South Farnborough Junior School
Talavera Infant School
Talavera Junior School
St Peter's CE Junior School
North Farnborough Infant School
Marlborough Infant School
St Patrick's Catholic Primary School
St Bernadette's Catholic Primary



Sleep Hygiene

Information for Parents
and Carers



**Good sleep hygiene
is important for all
the family.**

Sleep hygiene is important

The lead-up and routine around the time you go to bed and time asleep can be referred to as 'sleep hygiene'.

Having good sleep hygiene is important for parents and children. This leaflet offers some support and understanding around supporting your child/ren.

Sleep hygiene can help your child to settle to sleep and to stay asleep.

A decent night's sleep can help:

- Improve mental/physical and emotional health and wellbeing
- Be less tired in the morning supporting being ready for school
- Allow them to react more quickly to situations
- Support in decision making and how to problem solve
- Support memory development
- Support effective learning in school and at home
- Children may be less irritable

Good quality sleep is important for your child's health and wellbeing helping them to relax and de-stress. Good sleep also supports your child's concentration during the day and ability to learn new things and supporting their education.



Top tips to get to sleep and sleep better

Time to relax: A warm bath can help in relaxation. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily.

Create a restful environment: Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. If your child does not like the dark low night light can also help.

Have a bedtime routine: Keeping to a bedtime routine helps your body sleep better. Having enough sleep helps you feel ready for the day, physically, mentally and supports readiness to learn. At weekends if your routine changes try to get the same amount of sleep.

Be realistic with bedtime: If your child is having trouble falling to sleep until late, best avoid starting the routine too early.

Trouble falling asleep: Avoid turning on any screens. However some relaxing music, audio book, quiet reading can help.

Teenage sleep: During puberty melatonin (the sleep hormone) can 'go off line' and some children can struggle to go to sleep but we should still have a bed time when there are no screens or bright lights. Let them read, listen to music but keep the lights low as darkness can help promote melatonin production.

Confront sleeplessness: If you are lying awake unable to sleep, overthinking, worrying etc., try not to force it. Do something relaxing for a bit, and return to bed when you feel sleepier.

Top tips to get to sleep and sleep better

Write down your worries: If your child often lies awake worrying about things about their day, or tomorrow, give them a slot as part of their routine to talk to you. Or for older children/adults set aside time before bed to make a list for the next day. This can help put your mind at rest.

Consider introducing supper time: Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down.

Things to avoid

Being overactive: Being active can help you sleep better. However vigorous activity near bedtime should be avoided as that could affect your sleep.

Any stimulant can stop you falling asleep: Such as sugar loaded foods, fizzy drinks, chocolate (including chocolate spread), tea, coffee. Caffeine can stop you falling asleep and prevent deep sleep by causing night-time awakenings or shallow sleep even if it doesn't prevent one from falling asleep.

Spending too much time on your bed: Lying on a bed and doing other activities e.g. watching TV, using a phone, tablet or computer makes it hard for your brain to associate your bed with sleep. Limit screens in the bedroom especially at night, as the light from the screen interferes with sleep.

Teenagers and access to late night screen time: Having screens in the bedroom also means your teen is more likely to stay up late interacting with friends on social media. Encourage your teenager to have at least an hour of screen-free time before going to sleep.