

**PROMOTING
HEALTHY SLEEP
HABITS**

**PSHE WEEK &
MENTAL HEALTH
AWARENESS
WEEK**

**3RD FEBRUARY
2021**



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TODAY WE WILL THINK ABOUT....



- Why sleep is so important for children
- How to help children to get a good night's sleep
- Different strategies for dealing with sleep issues

WHAT IS SLEEP?

Sleep is a physical and mental resting state in which a person becomes relatively inactive and unaware of the environment.



Walker, M. (2017)

**3 to 5
years old**

**5 to 12
years old**

**12 to 18
years old**



**10 -13
hours**

**9-12
hours**

**8 - 10
hours**



HOW MUCH SLEEP DO CHILDREN NEED?

Children aged between 3-18 years old need more sleep than adults so that they can grow, develop and repair their cells.

WHY IS SLEEP SO IMPORTANT FOR CHILDREN AND YOUNG PEOPLE?



Good quality sleep helps to strengthen the immune system

A good night's sleep can improve emotional wellbeing

During sleep, cells continue to work to promote physical growth and brain development

Sleep enables memories to be formed and stored and prepares the brain for new learning and concentration



What Happens When We

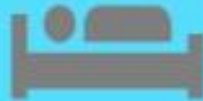
SLEEP

STAGE 1



The body starts to fall asleep.

STAGE 2



The body enters light sleep and body temperature drops.

STAGE 3 & 4



The body enters the deepest and most restorative part of sleep.

NREM

75%
of night sleep

REM



Occurs every 90 minutes

25%
of night sleep



Gives energy and activity to brain.



Supports daytime performance.

WHAT ARE THE BARRIERS TO SLEEP?

Lack of a bedtime routine:

- Not having winding-down time

Environment:

- Noise, light
- Temperature
- Screens

Feeling anxious/worried:

- Sometimes our minds can be flooded with many thoughts, when we go to bed

Missing your sleep window:

- We all have an optimum period to go to sleep
- If we miss that window, we become over-tired and it is harder to fall asleep

HOW TO OVERCOME THESE BARRIERS:

Lack of a bedtime routine:

- Reading
- Warm bath
- A hot drink helps the body to wind down
- Set bedtimes

Environment:

- Dark, quiet, without a TV or computer in it
- Blackout Curtains/blinds
- No screens an hour before bedtime

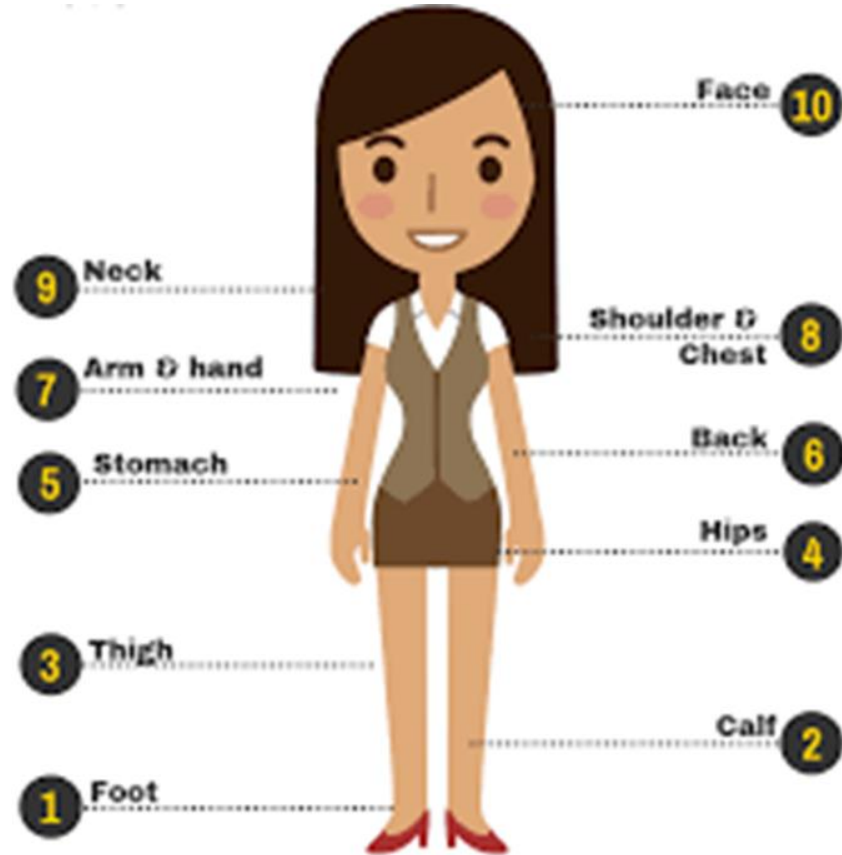
Practical Activities:

- Mindfulness – Doing this once a day, should help the mind to feel calmer at night-time
- Regular exercise & Healthy Diet
- Sleep Diary

Relaxation Techniques

Belly Breathing: It's good for your lungs.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



SLEEP DILEMMAS

*What
would
you
do?*

Not being able to get children to bed at a healthy hour

Children being distracted by TV/laptop/phone etc

Children not being able to get to sleep

Children waking up very early

Children getting disturbed night's sleep e.g.:
nightmares/night terrors

Managing Sleep Dilemmas



SUMMARY OF STRATEGIES FOR A GOOD NIGHT'S SLEEP

1

Keep to the same bedtime routines

2

Provide a sleep environment that promotes sleep

3

Help your child relax (without mobile/laptop/other devices) before bedtime



[MOSAIC Sleep Service](#)

[NHS - Healthy Sleep Tips for Children](#)

[HelpGuide - Child Insomnia and Sleep Difficulties](#)

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