

Amazing breakthrough!

Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even feel happier, less depressed, and less anxious. Are you interested?

CHRIST CHURCH PRIMARY SCHOOL

MONDAY 31ST JANUARY 2022

**HELPING YOUR CHILD TO
SLEEP WELL**

Sarah Miller

Aims and Outcomes

Aim

To help you help your child to sleep well

Outcomes

- Know why sleep is important for children
- How to help your child get a good night's sleep
- Strategies for dealing with sleep issues

What is sleep?

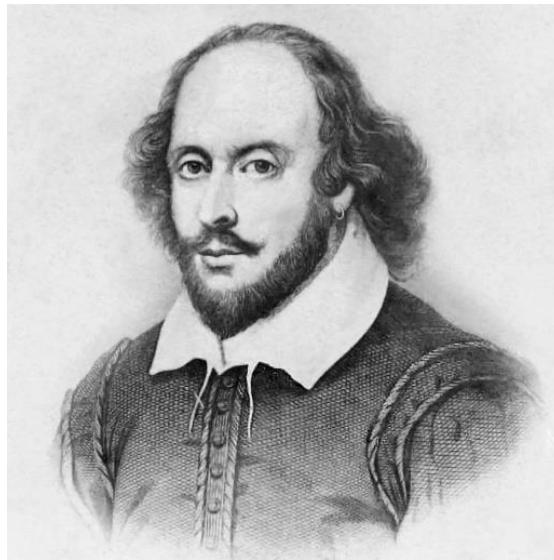


Sleep is a physical and mental resting state in which a person becomes relatively inactive and unaware of the environment.

Walker, M. (2017)

Shakespeare prophetically states that
sleep is,
“the chief nourisher in life’s feast.”

(1611, Macbeth, act 2, scene 2)



1. How much sleep do children need?

Children aged between 3-11 years need between 10 and 13 hours sleep every night.



2. Why is a good night's sleep important to children?



Tomorrow starts tonight



THE WONDERFUL EVERYDAY



Tomorrow starts tonight



THE WONDERFUL EVERYDAY



Tomorrow starts tonight



THE WONDERFUL EVERYDAY

2. Why is a good night's sleep important to children?

- Sleep boosts immunity
 - Sleep boosts mental wellbeing
 - Sleep helps to prevent diabetes
 - Sleep wards off heart disease
 - Sleep helps us grow and mend our body
 - Sleep helps our brains develop
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- Crucially sleep enables the brain to lay down new memories and prepares the brain for new learning.

In stage 1 we experience a light transitional sleep. This is where drowsiness and sleep begin.

Stage 1

In stage 2 more stable sleep occurs. Chemicals produced in the brain block the senses making it difficult to be woken.

Stage 2

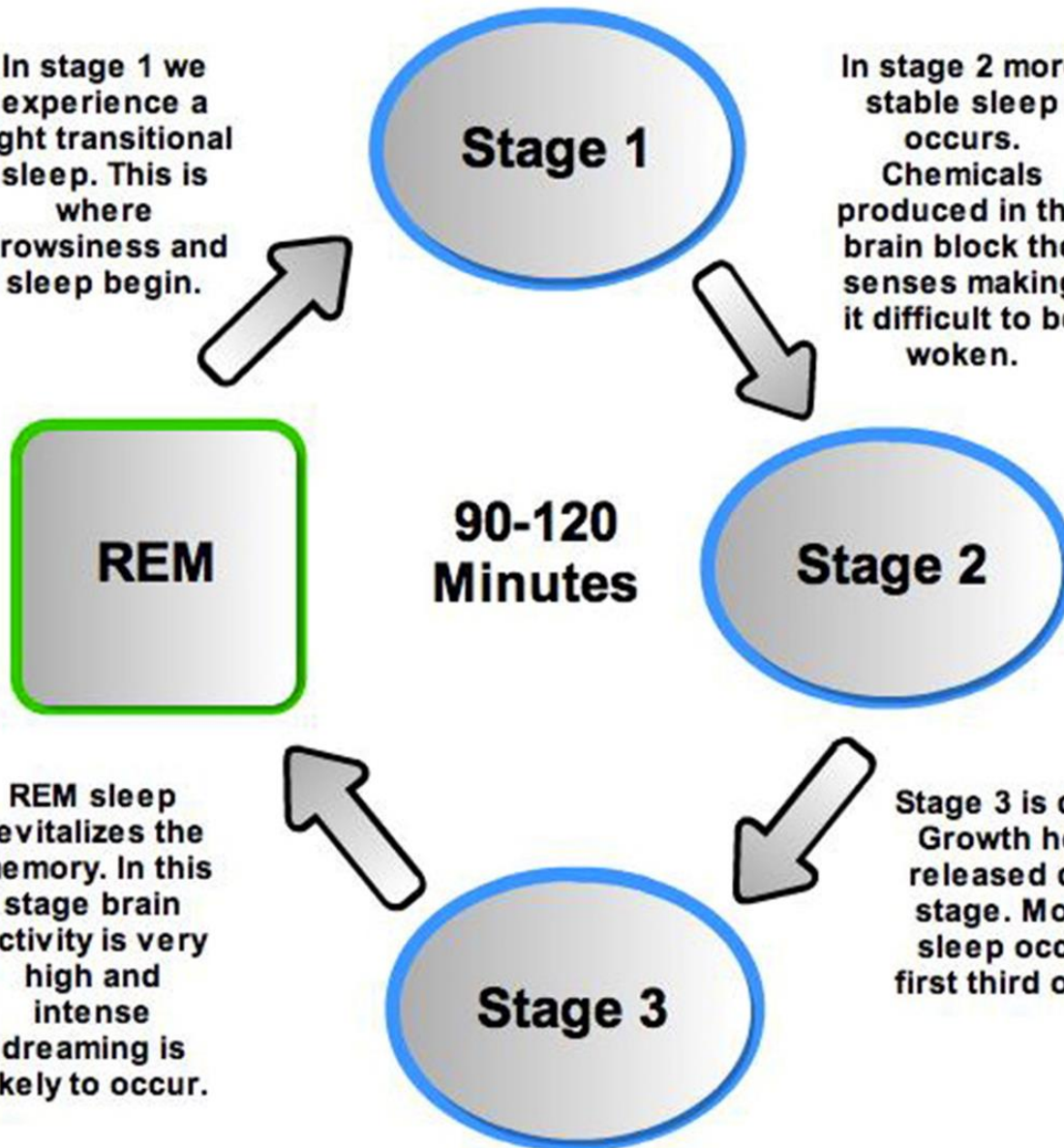
**90-120
Minutes**

REM

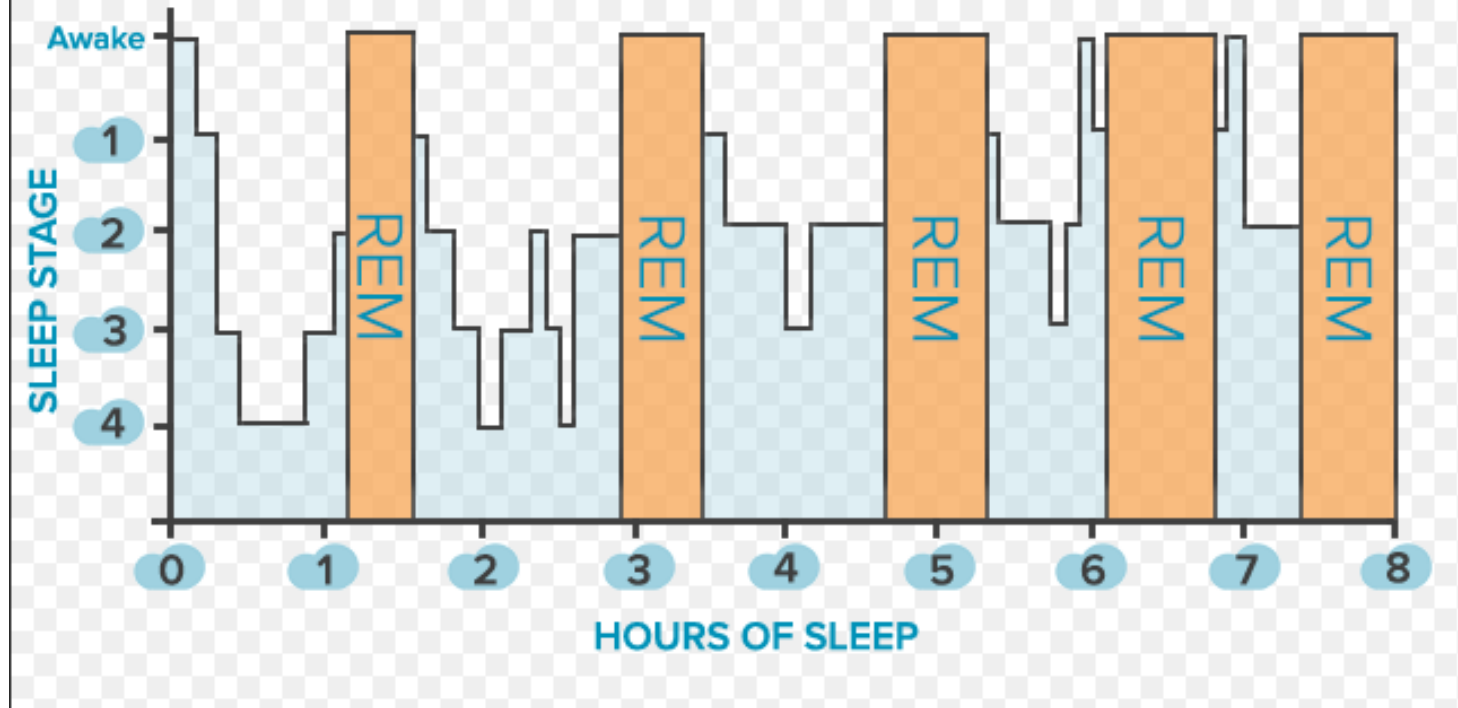
REM sleep revitalizes the memory. In this stage brain activity is very high and intense dreaming is likely to occur.

Stage 3

Stage 3 is deep sleep. Growth hormone is released during this stage. Most stage 3 sleep occurs in the first third of the night.



Stages of Healthy Sleep



Non-REM sleep is for physical health, and REM sleep is for brain health. It's that simple. We cycle in and out of non-REM and REM sleep across the night, restoring and preserving our physical and mental health in the process!

3. Why is it more important to get sleep during puberty?

- The body produces puberty hormones mainly during deep sleep
- Helps body grow and develop
- May help to reduce issues during puberty such as moodiness and getting spots

4. What are 3 top barriers to getting a good night's sleep?



4. What are 3 top barriers to getting a good night's sleep?



1. Too much light
2. Noise
3. Overstimulation

5. What are 3 most important things that help someone get a good night's sleep?

1. Regular bedtime routines
2. Low (comfortable) temperature in the bedroom
3. Not using mobile/lap top/etc before sleep

Sleep Dilemmas

What would you do?

1. Not being able to get children to bed at a healthy hour
2. Children being distracted by TV/laptop/phone etc
3. Children not being able to get to sleep
4. Children waking up very early
5. Children getting disturbed night's sleep eg nightmares/night terrors

Strategies for a good night's sleep

1. Keep to same bedtime routines
2. Provide a sleep environment that promotes sleep
3. Help your child relax (without mobile/lap top/other devices) before sleep

Strategies for a good night's sleep

Environment:

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

Lack of a bedtime routine:

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

Practical Activities:

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



5 minute TED talk about the importance of sleep

<https://www.bing.com/videos/search?q=importance+of+sleep+TED+talk&&view=detail&mid=2254056302494CD9C7A22254056302494CD9C7A2&&FORM=VRDGAR>