



FISHBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL



Only one you



SEND Newsletter

Focus: Sleep



What is Sleep?

Sleep is integral to all aspects of our lives. We sleep every day, spending about a third of our lives asleep! Yet sleep is often one of the first things we compromise on when things become busy or overwhelming. Sleep is important to help our bodies and minds process, heal and recover from the day. Our minds and bodies are intrinsically linked, so getting good sleep can help us maintain good physical health. It can help to boost our immune system, manage our hunger, improve our concentration, and prevent some health conditions. Primary aged children need between 9-11 hours sleep each night.

Videos explaining the need for good sleep to children:

<https://www.youtube.com/watch?v=A4Zs0NNF9Dc>

<https://www.youtube.com/watch?v=CoCL0IB4u4g>

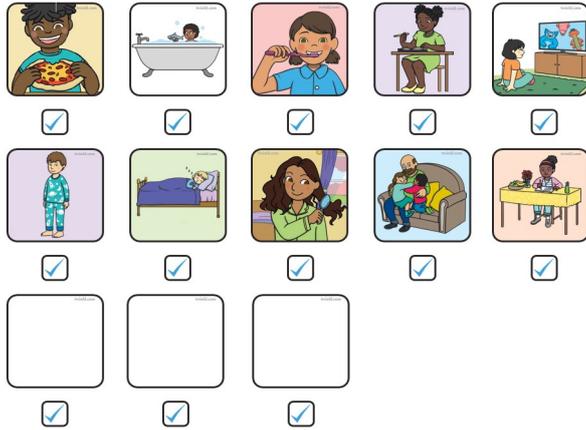
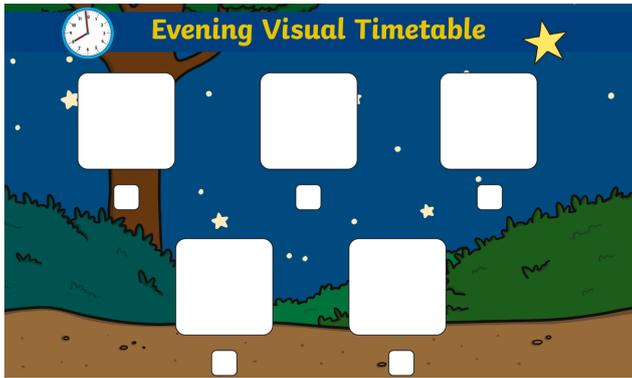
Things to look out for:

Lack of sleep can cause the following: an increase impulsive behaviour, negative thinking, feelings of anger, and is linked to increased risk of mental health problems such as depression and anxiety disorders.

Things you can do to support your child:

- Have drinks before bed that encourage a calming effect on the body and aid sleep, like chamomile tea, rather than sugary, caffeinated drinks.
- Prioritise time during the day to exercise or move their bodies, which can release tension and energy and bring their bodies into a restful state for sleep.
- Reduce screen time before bed. They could still use their phone or device to listen to music, a podcast, or a guided meditation to help get to sleep but they should limit their time looking at screens before bed.
- Create a wind-down routine in the hour before bed – limiting screen time, homework, or physical activity and encouraging strategies that work for them to calm their mind. For example, reading, listening to relaxing music, or journaling.
- If possible, encourage your child or young person to do school work somewhere other than their bed and try to keep their bed just for sleeping. Encourage them to think about their bedroom in 'zones' and keep a space dedicated to sleeping.
- Try to keep the temperature of the bedroom cool and the space clutter free, this creates a calming environment for sleeping
- Keep living and sleeping spaces as dimmed as possible at night time. They could try blackout curtains or even eye masks for sleeping.

Useful resource ideas:



Children's Sleep Diary

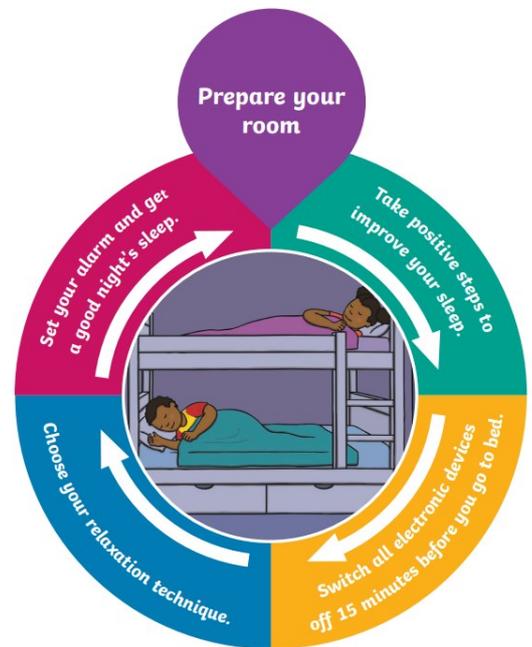
Start date: _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time they woke up in the morning							
Any naps during the day - note the duration							
Time bedtime routine started							
Time the child was in bed							
Did you stay or did they self-settle?							
What time did they go to sleep?							
Times they woke up in the night/ how long were they awake/where did they go back to sleep? Your bed/ their bed, etc.							
Total number of hours sleep							

Bedtime Reward Chart

This bedtime reward chart belongs to _____

	Brush your teeth.	Use the toilet.	Have a wash or bath.	Put on pyjamas.	Go to sleep.
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Support materials

- ◆ <https://www.mentalhealth.org.uk/sites/default/files/2022-06/Sleep-Guide-for-Parents-and-Caregivers.pdf>
- ◆ <https://thesleepcharity.org.uk/information-support/children/>
- ◆ <https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>

Further support:

If your child continues to struggle to fall asleep and stay asleep it would be worth referring to the nursing team who can provide 1:1 family support. Please ask Jo Angell, sendco@fishbourneprimary.co.uk for further information on this.