

Workshop for Parents and Carers

How to help your child sleep well

June 2019

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

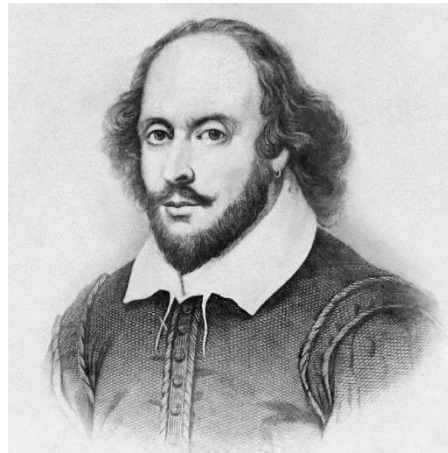
What is sleep?

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?

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

Crucially sleep enables the brain to lay down new memories and prepares the brain for new learning.

REM and NREM sleep

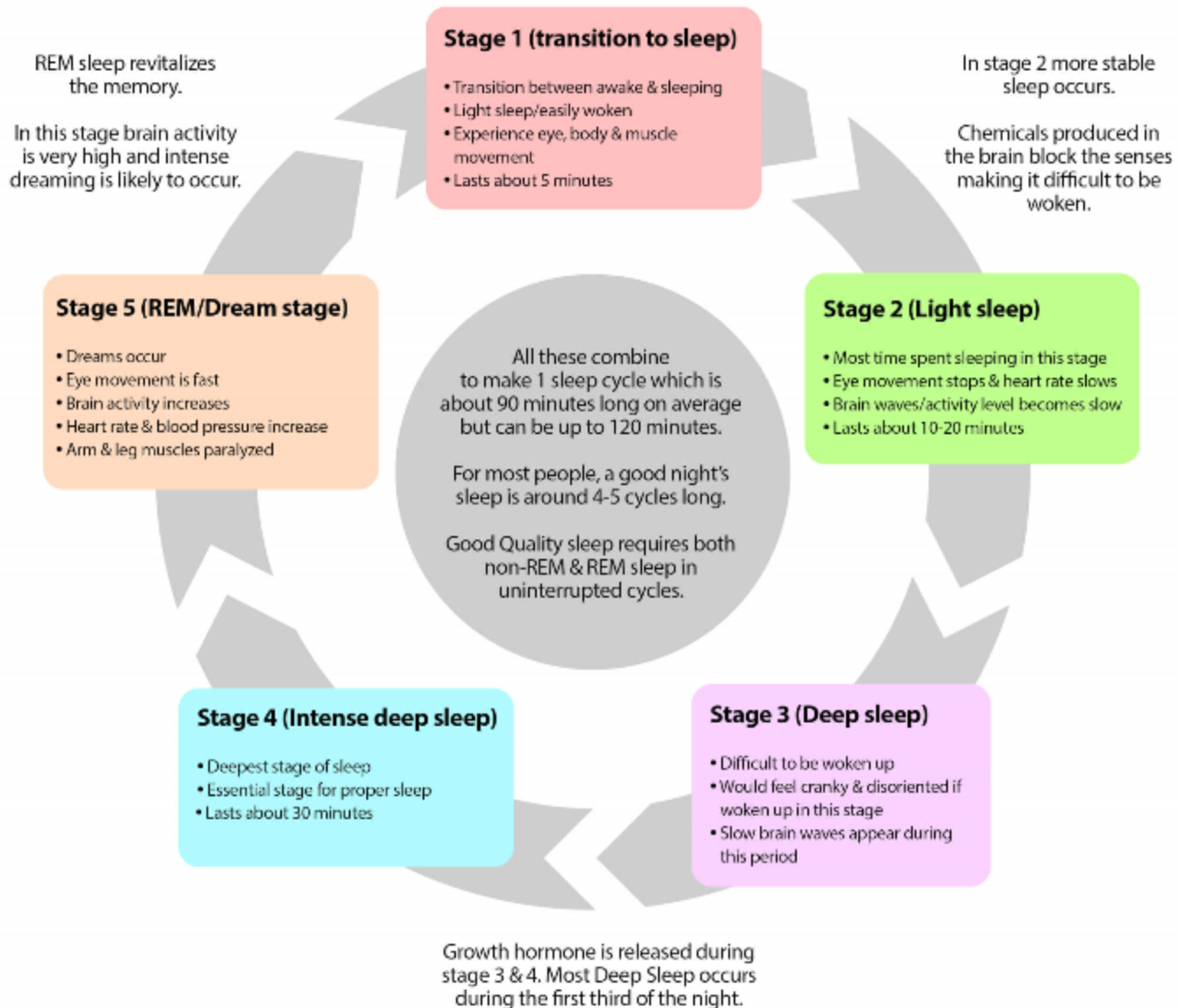
REM sleep

- REM sleep is essential for memory consolidation.
- Insufficient REM sleep may impair memory and the ability to learn new skills.
- Those deprived of REM sleep may become irritable, anxious or make poor judgements. Crucial for mental health.

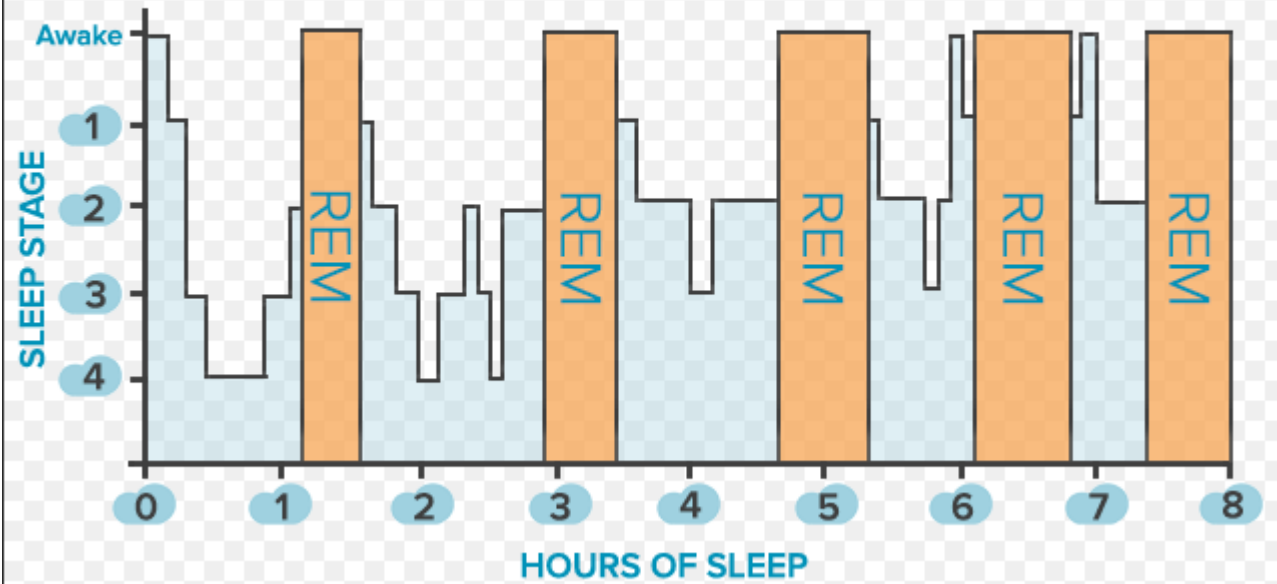
Non-REM sleep

- Non-REM sleep is the dominant kind of sleep, when brain activity is much reduced and there is no dreaming.
- Crucial for physical health and restoration

The Stages of Sleep



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!



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.

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?

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?

- 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 eg nightmares/night terrors

Summary of 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

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?

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