# 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,

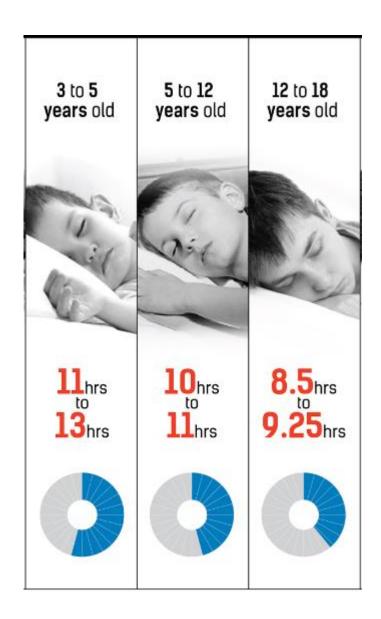
"the chief nourisher in life's feast."

(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

REM sleep revitalizes the memory.

In this stage brain activity is very high and intense dreaming is likely to occur.

#### Stage 1 (transition to sleep)

- Transition between awake & sleeping
- Light sleep/easily woken
- Experience eye, body & muscle movement
- Lasts about 5 minutes

In stage 2 more stable sleep occurs.

Chemicals produced in the brain block the senses making it difficult to be woken.

#### Stage 5 (REM/Dream stage)

- Dreams occur
- . Eye movement is fast
- Brain activity increases
- Heart rate & blood pressure increase
- Arm & leg muscles paralyzed

All these combine to make 1 sleep cycle which is about 90 minutes long on average but can be up to 120 minutes.

For most people, a good night's sleep is around 4-5 cycles long.

Good Quality sleep requires both non-REM & REM sleep in uninterrupted cycles.

#### Stage 2 (Light sleep)

- Most time spent sleeping in this stage
- · Eye movement stops & heart rate slows
- · Brain waves/activity level becomes slow
- Lasts about 10-20 minutes.

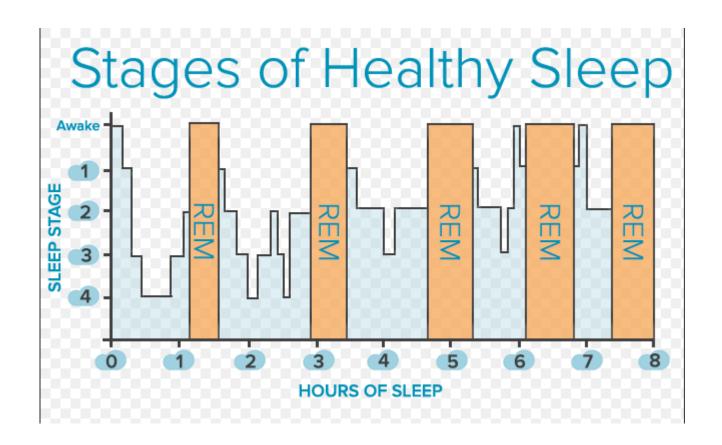
#### Stage 4 (Intense deep sleep)

- Deepest stage of sleep
- Essential stage for proper sleep
- · Lasts about 30 minutes

#### Stage 3 (Deep sleep)

- · Difficult to be woken up
- Would feel cranky & disoriented if woken up in this stage
- Slow brain waves appear during this period

Growth hormone is released during stage 3 & 4. Most Deep Sleep occurs during the first third of the night.



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!



STAGE 1

STAGE 2

STAGE 3 8 4

**NREM** 



The body starts to fall enter asleep.



The body enters light sleep and body temperature drops.



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



REM



Occurs every 90 minutes





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?

 $\frac{\text{https://www.bing.com/videos/search?q=importance+of+sleep+TED+talk\&\&vi}}{\text{ew=detail\&mid=2254056302494CD9C7A22254056302494CD9C7A2&&FORM}} \\ = \frac{\text{VRDGAR}}{\text{ev=detail\&mid=2254056302494CD9C7A2}}$