

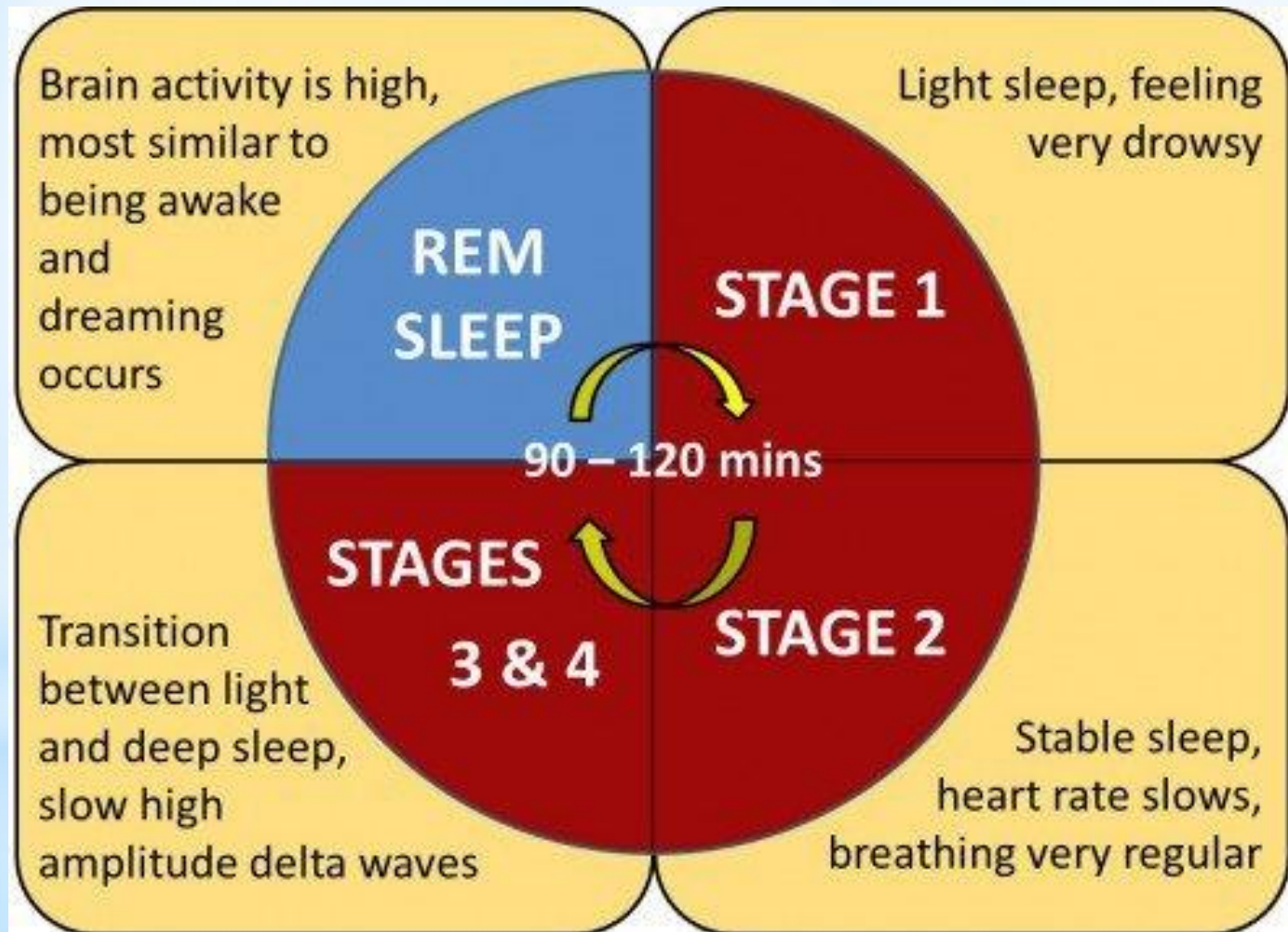
* *Sleep Workshop*



* Sleep

- * When a child doesn't sleep well it can impact on the whole family. More and more research points to how sleep deprivation is linked to a wide range of physical and emotional conditions for both a child and their parent.
- * Children are having far less sleep than their parents' generation with numerous studies showing as many as 61% of teens not having enough sleep on a nightly basis. Children need on average 10 hours sleep every night.
- * A third of parents of four to ten year olds report at least one sleep problem, most commonly difficulties such as fighting bedtime and problems falling asleep.

* Sleep cycle



* How many hours of sleep do you need?

Age	Total Sleep	Hours at Night	Number of Naps
0-2 months	10.5-18	What night?	It's all naps
2-12 months	14-15	9-10	3 → 2
1-2 years	12-14	11-12	2 → 1
2-3 years	12-14	11-12	1
3-5 years	11-13	11-11.5	1 → 0
5-12 years	10-11	10-11	You wish
13-18 years	8.5-9.5	8.5-9.5	They wish

* Why is sleep important

- * **At night when we sleep our bodies produce hormones. These hormones help us with:**
- * Our Growth- Not getting enough sleep over a long period of time stops our body releasing the growth hormone.
- * A strong Immune system- When we sleep our body produces a protein- cytokine-this protein helps us fight infections.
- * Maintain a healthy weight- Lots of research has shown that adults and children who do not get enough sleep are at higher risk of being overweight.

* Not getting enough sleep can also lead to

- * Concentration difficulties
- * Mental health issues
- * Hyperactivity
- * Behavioural issues
- * Difficulty remembering things

*What affects sleep

- * Having worries
- * Having bad dreams
- * Having screen time in the hour before bedtime
- * Exercising
- * Eating a big meal
- * Not falling asleep in bed i.e falling asleep on the sofa
- * Waking at night for toileting

* How to get a good nights sleep

- * Turn off all screen activities an hour before bedtime eg computers, television and mobile phones. This will help you calm your mind. Screen activities can also inhibit the production of melatonin (the sleep hormone that makes us feel drowsy).
- * Avoid physical activity in the run up to bedtime. Exercising too close to bedtime can actually wake you up!
- * Drink plenty of fluids during the day
- * Dimming the lights in the hour before bedtime can help to promote relaxation.
- * A warm bath

* Circle breathing

- * Close your eyes and mouth, take two slow breaths in through your nose and out through your nose.
- * As you breathe imagine you are breathing in through your left nostril and out through your right.
- * Then reverse the pattern and breathe in through your right nostril and out through your left.



*Shift, Snug, Snooze

Your bedtime pattern starts with a shift activity to signal your brain that its time for bed. This activity should take less than ten mins
It could be having a light snack before brushing your teeth or saying good night to your pets or siblings on the way to the bathroom.

Snug activity is something you do once you get into bed to help you settle down. This should take no longer than 15mins.
A snug activity could be being read a story or reading a story, writing in a diary, anything calm and quiet.

Snooze activity is the thing that happens as you are closing your eyes to sleep. It could be a kiss goodnight or a whispered goodnight phrase. It should be the same every night as this will help your brain know that its okay to fall asleep now.

- * <https://www.gosh.nhs.uk/medical-information/procedures-and-treatments/sleep-hygiene-children>
- * <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>
- * <https://www.thechildrenssleepcharity.org.uk/images/leaflets/The%20Childrens%20Sleep%20Charity%20Leaflets%2098291.pdf>
- * <https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>
- * <https://kidshealth.org/en/teens/sleep-growth.html>
- * <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/sleep-and-obesity/>

* References