



Sleep Workshop

LESLIE BAMFORD
EMILY KERR

MENTAL HEALTH SUPPORT TEAM IN SCHOOLS





Aims

Gain a basic understanding of the process of sleep

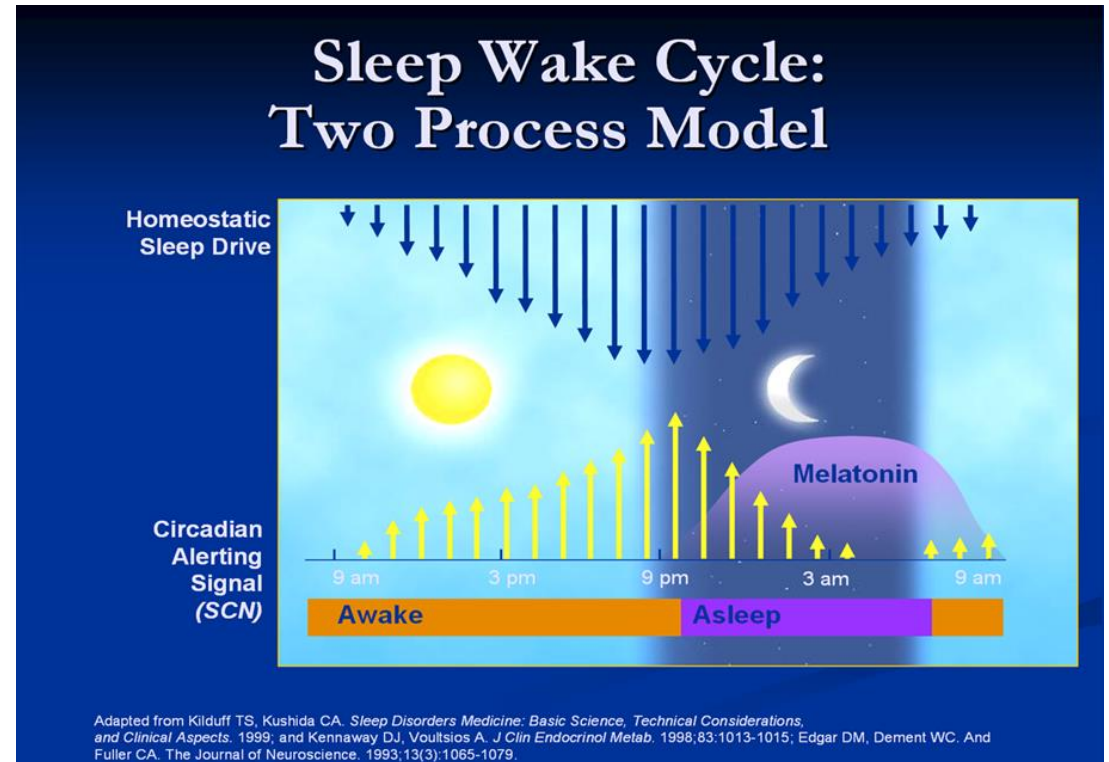
Understand why sleep is important for our development and emotional wellbeing

Consider 3 Zones of Sleep Difficulties

Introduce SLEEP HYGIENE: Lifestyle skills and practical skills


What is sleep?

- “Sleep is a condition of body and mind that typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended”
- Oxford English Dictionary





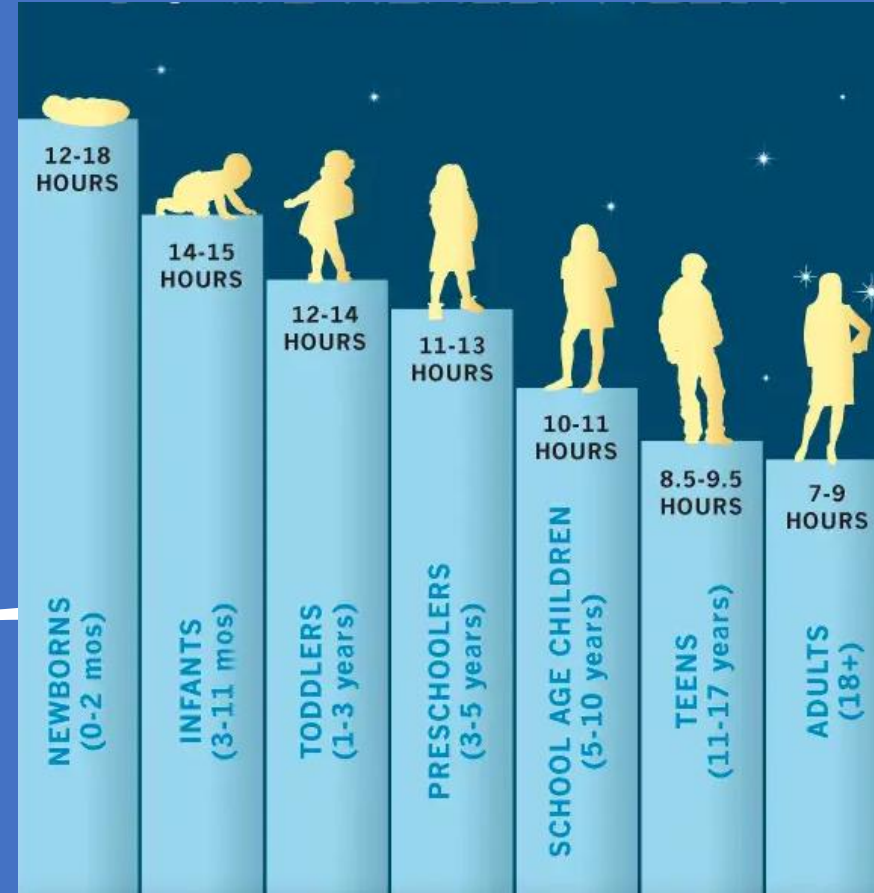
The 4 Stages of Sleep

Stage 1 non-REM	Stage 2 non-REM
<p>Transition from being awake to asleep. This period last several minutes. Heart rate, breathing, and brain activity begins to slow.</p> 	<p>The heartbeat and breathing slow more, and the muscles relax even more. Body temperature drops and eye movements stop.</p> 
Stage 3 non-REM	REM sleep
<p>The heartbeat and breathing slow the most of all stages and muscles completely relax. Brain waves slow even more.</p> 	<p>Occurs about 90 minutes after falling asleep and is when most dreams occur. The eyes move fast from side-to-side and brain wave activity, heart rate, and blood pressure increase to close to rates when awake.</p> 

[Sleep-Disorders.net](https://sleep-disorders.net)

<https://sleep-disorders.net/stages/>

How much sleep do we really need?



Fun fact: Sleep makes up approximately a third of our lifespan



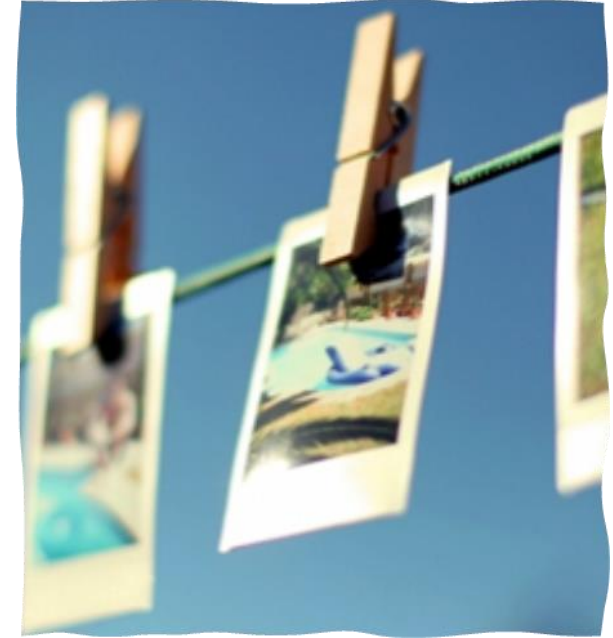
Emotional Wellbeing
Mood and Attitude



*Physical Health and
Development*
Staying Well and Eating
Healthy



*Cognitive
Functioning*
Focus in the
Classroom



*Memory
Consolidation*
Learning!

WHY DO WE NEED SLEEP?



**Consequences
of
poor sleep**

**Friendship
Anxiety
Learning
Low Energy**



Issues



Problems

Sleep Problem Zones

Behaviour

— Anxiety

Environment

Behaviour –
is my child
doing this for
attention?

- **POSSIBLY**
- All children (all people) need attention for healthy emotional and physical development. If a child is not getting this attention at other times they may demand it at bed time.
- Creating 30 minutes of protected 1 to 1 time with your child each day may ease their need for your attention when it is time for sleeping.

Anxiety – are
my child's
worries
interfering
with sleep?

- **Possibly**

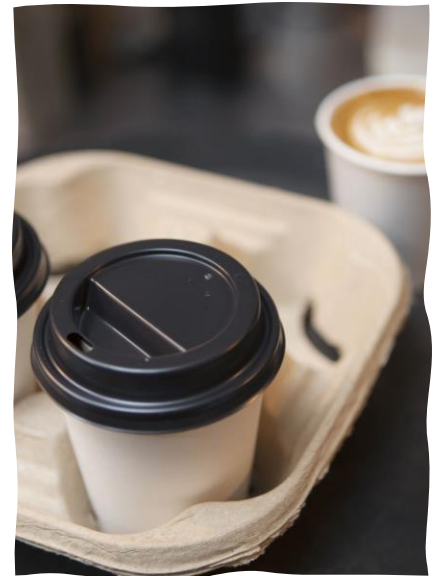
- Some children find that when their mind winds down at night that their worries wind up.
- A few worry activities can be helpful....a worry diary or a worry monster

Environment-
are my child's
sleep habits
unhealthy?

- **Possibly**
- Consistently good habits around sleep contribute to more consistent high quality sleep
- Bedtime Routine, standard waking and sleeping times, tidy room

Factors that affect sleep

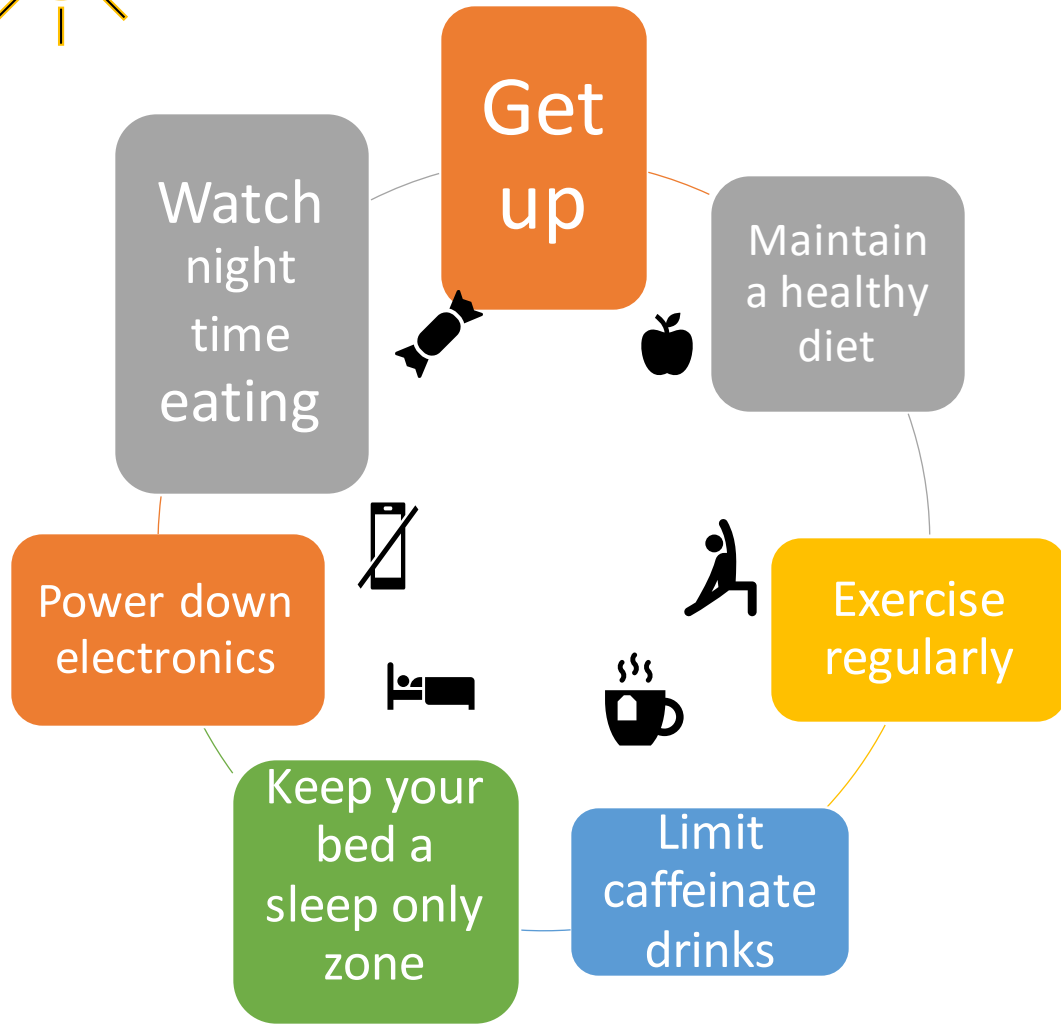
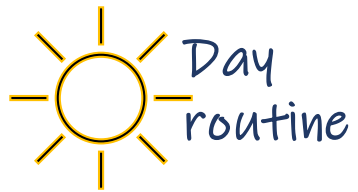
- DIET
- STRESS
- SLEEP ENVIRONMENT
- ELECTRONIC DEVICES
- SLEEP ROUTINE
- EXERCISE



SLEEP HYGIENE - "A SET OF BEHAVIORAL AND ENVIRONMENTAL RECOMMENDATIONS INTENDED TO PROMOTE HEALTHY SLEEP, AND WAS ORIGINALLY DEVELOPED FOR USE IN THE TREATMENT OF MILD TO MODERATE INSOMNIA" (HAURI, 1977)



Healthy Habits for Good Sleep





Diet and Exercise

- Steer clear of caffeine at least 4 hours before bed
- Avoid eating too much, or too little, before going to sleep
- Warm milk, chamomile tea and foods rich in magnesium can all aid a better night's rest



Environment



Lighting



Screen time 



Temperature

A tidy room makes for a tidy mind 



• Toby Aged 12

- Struggles to wake up in the mornings and is often late for school as a result.
- Skips breakfast or eats something sugary.
- After school, he goes to his friend's house. They play games online, use social media and eat sweets and biscuits.
- Has dinner with family then straight into bedroom and sits on bed watching YouTube videos on his tablet until he falls asleep.
- Sometimes he'll change into pajamas but often just falls asleep in his clothes.
- Usually not asleep until around midnight.
- "Catches up" on lost sleep on the weekends.

Remember



- Be curious about behaviours and look out for signs of poor sleep and poor sleep hygiene.
- Create a safe space for a child/young person to talk and be heard.
- Share information with your child about good sleep hygiene practices and talk with them about possible changes you can make together to encourage a better night's sleep.
- Be a role model, lead by example.
- Stick to waking and sleeping schedules as much as possible.
- Persevere - it takes time to create new routines

If you think
your child's
lack of
sleep might
be related
to anxiety,
behaviour
or low
mood...

Mentally Healthy Schools:

<https://www.mentallyhealthyschools.org.uk/resources/?Theme=SleepingProblems>

Young Minds: <https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>

Anna Freud Centre: <https://www.annafreud.org/on-my-mind/self-care/sleep/>

E-Wellbeing: <https://e-wellbeing.co.uk/modules/tiredness>

Think Ninja App: <https://www.nhs.uk/apps-library/thinkninja/>

Questions
and
feedback

