

# HBSSPAN Health and Wellbeing



## Newsletter March 2021

### Kids Wellbeing - The Importance of sleep



As we come into March, the month the clocks move forwards and the light lasts longer, it is important to keep early bedtimes and remember the importance of sleep. Sleep can help your mental health, improve growth and improve you're learning.

Sleep is needed to rest both your body and brain. Most kids don't sleep as much as they need to every night. Check out the link below to see if you sleep enough at night.

[CLICK HERE](#)



**Not sure why sleep is important? Here's why...**

**For a healthy brain** - The brain works harder when you are awake than when you are asleep. When you are awake the brain keeps you moving and functioning throughout the day. Your brain is working while you are at school and when you are enjoying your hobbies. When you are asleep your brain is still working but you are resting so it doesn't have as much to do. This gives your brain time to rest and turn all of your learning and events from the day into long-term memories so you can remember them. If you don't get enough sleep you may not remember what you have learned and you may be in a bad and cranky mood because you are tired. You may find you become angry easily or more emotional.

**For growth** - Your body will grow overnight. Sleep allows your body to develop and your muscles and bones to stretch overnight. This is a big reason why you need more sleep when you are younger. Growth spurts in teenagers can cause tiredness and the need for extra sleep.

**Increased concentration** - During the day, at school or home learning, you spend a lot of your time concentrating. Lack of sleep can cause you to fall asleep in class or may stop you from being able to sit still or concentrate. If you are not concentrating on all the information being given to you, the information will not be stored in your memory and you will have to re-learn it.

**Immune system** - Sleep is important for your body to stay healthy and your immune system is always developing throughout a young person's life. While you are asleep the body creates proteins to help you fight off illness. If you don't get enough sleep this can also make your body exhausted and more prone to illness.

#### **Sleep during lockdown**

During the lockdown, feelings of stress and anxiety have been heightened in a lot of people both young and old. Sleep is vital to keep your brain functioning and give your body and brain enough time to recuperate. Sleep can help your emotions and mood and really helps you to feel positive. During this lockdown, it is important to maintain a sleeping pattern, stay in a good routine, and ensure you give yourself the opportunity to have a good night's sleep. Make sure you give yourself enough time to get the recommended amount of sleep needed for your age.

**Below are some more tips for having a good nights sleep**



<https://www.positivehealthwellness.com/>  
<https://www.zoomtventertainment.com>



# TIPS TO IMPROVED SLEEP



## 1

### Make a routine

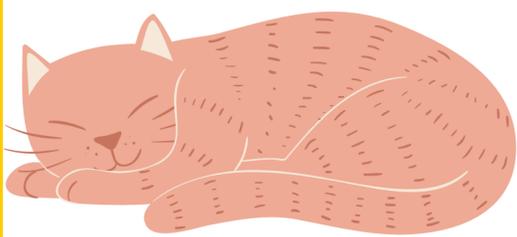
Create a calming routine and go to bed at the same time every night. This may include a warm bath or reading. This can help your mental health and positivity. You could create a tick list to follow every night



## 2

### Don't have a TV in your room

Kids who have a TV in their room sleep less than those who don't. If you do have a TV in your room make sure you turn it off when it is time to sleep.

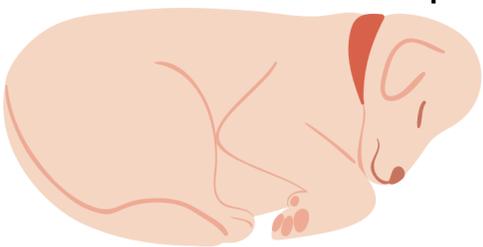


## 3



### Do not exercise just before bed

Doing exercise earlier in the day helps you to relax at night. It makes sure your heart rate is low and you are relaxed and calm before you go to sleep. Relaxation techniques and yoga can help this



## 4

### Only use your bed for sleeping

Do not use your bed for anything that isn't sleeping. That way when you get into bed your body associates it with sleep and knows it is time for sleep and not anything else.

### TALK TO SOMEONE

If you're still struggling to sleep. Talk to your parents or teacher. They can help you with your routine and give you the support that you need.

