









### Aims:

- Give a basic understanding of sleep, as a process.
- Show why sleep is important for our development and emotional wellbeing.
- Explain 3 zones of sleep difficulties
- Introduce sleep hygiene: lifestyle changes and practical skills to assist sleep.











### Sleep: How much do we need?





- How much sleep do humans need?
- How much sleep do adults need?
- How much sleep do children need?

• How much sleep do **you** need?







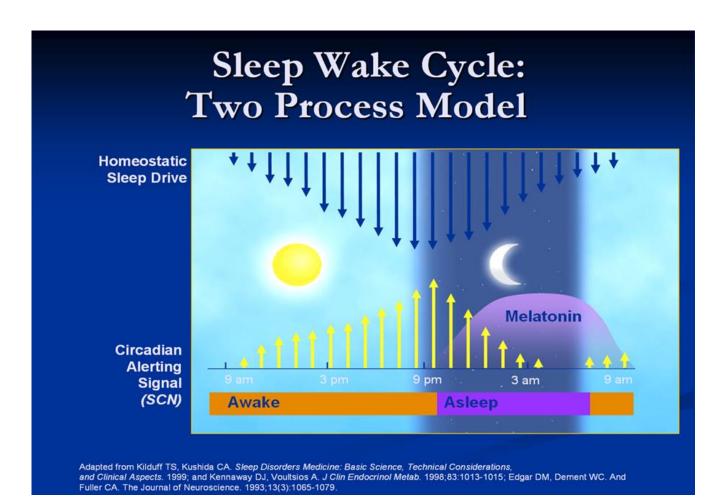


### What is sleep?



Sleep is a condition of the 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



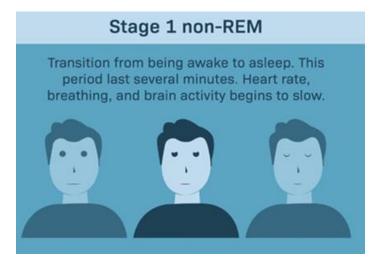


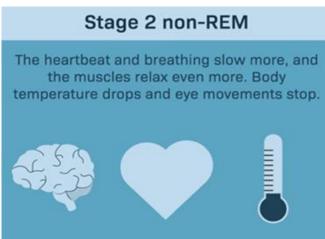
## The 4 stages of sleep

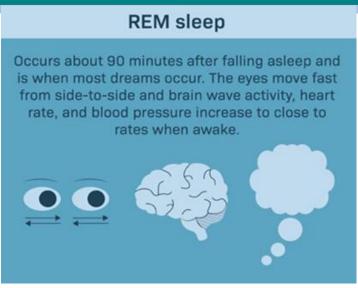


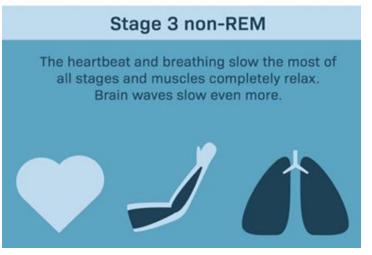


- There are 4 stages to sleep.
  - 2 light stages dropping off
  - 2 deeper stages repair and dream phase
- We cycle through them each night, 4-5 times depending on how long we sleep.











### Why do we *need* sleep?







Emotional
Wellbeing
Mood and
Attitude



Cognitive
Functioning

Functioning
Focus in the
Classroom



Memory Consolidation i.e. Learning

Physical Health and Development

Staying Well and Eating Healthy



### **Consequences of Poor Sleep**



- Friendship Issues
- Anxiety
- Learning Problems
- Low Energy
- Lack of enthusiasm



# Sleep Problem Zones



• Behaviour

Anxiety

• Environment



## Sleep - Behaviour



Is my child doing this for 'attention'? - possibly

- All children (people) need attention for healthy emotional and physical development.
- If a child is not receiving this at other times, they may demand it at bed time.
- Creating 30 mins of protected, quality time, 1-1 with your child may ease their need for your attention when it is time for bed.



### Anxiety – worryingly awake?



- Are my child's worries interfering with their sleep? possibly
- Some children find that when their mind winds down at night, their worries are dialled up. They have cognitive space for them to fill.
- A few worry activities can be helpful:
  - A worry diary
  - A worry monster
  - A simple post it and pencil by their bed
  - Mini whiteboards are a good 'no trace' record sheet



### Environment – unhealthy habits



Are my child's sleep habits unhealthy and hindering their sleep?

- Consistently good habits around sleep contribute to higher quality sleep.
- Do they have a bedtime routine?
- Do they have standard waking and sleeping times?
- What else is 'unofficially' on the bedtime routine?
- What could be removed or included?



## Factors that effect sleep

- Diet
- Stress
- Sleep Environment
- Electronic devices
- Sleep routine (& establishing a good one)
- Exercise





## Sleep Hygiene

"a set of behavioral and environmental recommendations intended to promote

healthy sleep"







# Routine – lulling you into sleep mode



- To construct an association between a set of activities and the end result of going to sleep.
- The order is what matters more.
- Needs to feature several parts and then be stuck to as much as possible.

 Wake up routines can also be effective in rebalancing the circadian rhythm.





### Diet & Exercise



- Stay caffeine free for 4 hours before bed
- Avoid eating too much, or too little before going to sleep
- Warm milk, chamomile tea and magnesium rich foods can all aid a better night's sleep.
- Undertake some form of exercise every day not too close to bed time though!









# Environment – 'just' right



- Your own preferences, may not necessarily be your child's view.
- Involve them in the process of finding the right 'set up'

### Consider:

- Lighting
- Screen time
- Temperature
- Generally a tidy room, makes for a tidy mind.





# Case Study Example



### Toby Aged 10

- Struggles to wakeup in the mornings and is often late for school as a result
- Skips breakfast or eats something sugary like a donut
- 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 play clothes or track suit.
- Usually not asleep until nearly midnight
- "Catches up" on lost sleep on the weekends



# Case Study – some changes



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### **Recommendations:**

- Plan bed time by working back
- Watch YouTube from new space
- Introduce 'screen breaks' by dispersing with routines
- Get Toby to design his end of day routine.
- Praise in AM when following.
- Limit 'catch up' sleeps, let the imbalance return elsewhere.
- Praise when following in the AM



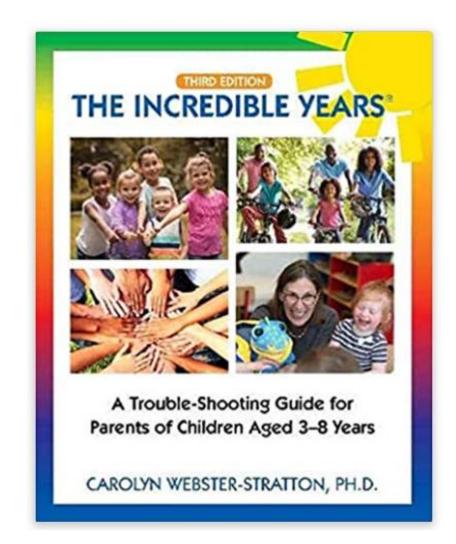
# **Sleep Issues Related to Anxiety**







### Sleep Issues related to Behaviour







### Key points to remember



- Be curious don't assume.
- 2. Look out for signs of poor sleep and poor sleep hygiene
- 3. Create a safe space to talk and be heard
- 4. Share info with your child about good sleep hygiene
- 5. Discuss changes to routine, rather than imposing them
- 6. Be a role model, **lead by example**
- 7. Stick to schedule as much as possible
- 8. Persevere and **be patient** it takes time to embed new routines.



### Takeaway resources:

CLEAR YOUR HEAD BEFORE BED







### the Prich collective.com

THEPSYCHOOLLECTIVE.COM

Use this worksheet to help clear your mind!

### **CLEAR YOUR HEAD BEFORE BED**

Sleep occurs when tiredness (sleep drive) is greater than the mental activation caused by all those problems and troubles on in psychological arousal which

### Sleep Drive > Arousal = Asleep Sleep Drive < Arousal = Awake

Sleep drive refers to the biological processes that make us feel sleepy, and involves adenosine, melatonin and our circadian rhythm. There are steps we can such as practicing light hygiene. undertaking exercise, reducing caffeine and sticking to a regular bed and wake time.

Our arousal is how mentally awake we are. Stress, anxiety and activity keep us alert and thinking This alertness is counterproductive at bed time. If our arousal exceeds our sleep drive. then we won't get to sleep.

Steps need to be taken that are deliberate and intentional before you get in to bed and optimise sleep. Calming the mind is crucial in preparation for a good pight's sleep. If we are worried about sleep, then we're more likely to stay awake. This series of worksheets will help you to learn strategies for overcoming

So increase your sleep drive and reduce your arousal if you want to sleep.

You know that feeling when you are lying on the couch watching TV and you start feeling sleeping, your head is starting to droop, your eyelids feel heavy, so you turn off the TV and climb into bed and all of a sudden your mind is completely awake and buzzing with a million different things? That is wired

> Tired body + Quiet mind = Asleep Tired body + Busy mind = Awake

Feeling tired, but too wired to sleep occurs when your mind won't quieten down. When this happens, your mental arousal is exceeding your drive to fall asleep, keeping you awake.

When your mind is busy, such as when you are worrying, ruminating, trying to solve a problem or deal with a stressful issue you have a choice about how you deal with it. You can either keep ruminating over the thoughts or try to ignore the thoughts (how's that working for you?) or you can identify the thoughts and begin to address them head-on-ideally in a structured way. The issues need to be named and a starting place on tackling them needs to be created. Get the thoughts out of your head by writing them down.

The more calm your mind is, the easier it will be to fall asleep. If you have thoughts and unsolved problems on your mind you will be less able to fall

Addressing these thoughts should be done before you get into bed, so that you don't reinforce the habit of worrying in hed, Ideally, sit down for an hour before going to bed, close your eyes and observe the thoughts that bubble up. If thoughts still arise when you get into bed, then get back up and work through them. The worksheet to quide you through this is over the page. The principle is easy as 1, 2, 3;

unsolvable.

**DEFINE THE** 

PROBLEM Be as concise as possible in identifying what you're actually dealing with-

ASSESS THE SOLVABILITY an you do anything about it? If not, declare it and when you will schedule

PLAN YOUR NEXT ACTION Decide when you can ac

then add it to your diary-

	problem on your mind:
2. State the core	problem concisely:
3. Consider if thi	s problem solvable or unsolvable?
3. Consider if thi	
3. Consider if thi If it is unsolvable, Write out in big le	s problem solvable or unsolvable? then you need to declare this so you can move on.
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Check out our website for more resources, handouts and videos

Scan the OR code for the Youtube clip for this handout

When you can't sleep because thoughts are going around and around in your head, you need to get

Sleep Diary	Name:							Week Beginning:					
	Monday		Tuesday	Т	Wednesday		Thursday		Friday		Saturday		Sunday
I. What time did you go to bed last night?				П						Г			
2. What time did you to fall asleep?				$\vdash$						Н		$\vdash$	
3. Did you wake up during the night?				$^{+}$		Н				Н		H	
4. If yes how many times and what time?				$\vdash$						H		t	
5. How long were you up for each time?				T		Г				T		Г	
6. What did you do when you were awake during the night?													
7. What time did you wake today? Were you woken up by someone?				t		H				H		H	
8. What time did you get out of bed today?				Т		Г				Г		Г	
9. What time did you leave the house?				Г								Г	
10. Did you have breakfast?				T		Г				T		Г	
<ol> <li>How did you feel once you were awake today? (please tick)</li> </ol>	Very good Good OK Bad Very bad		Very good Good OK Bad Very bad	F	Very good Good OK Bad Very bad		Very good Good OK Bad Very bad	Ē	Very good Good OK Bad Very bad	E	Very good Good OK Bad Very bad	E	Very good Good OK Bad Very bad
<ol> <li>Generally, how sleepy do you feel today? (please tick)</li> </ol>	Not at all Not really OK Quite a Lot		Not at all Not really OK Quite a Lot Very much		Not at all Not really OK Quite a lot Very much		Not at all Not really OK Quite a lot Very much		Not at all Not really OK Quite a lot Very much		Not at all Not really OK Quite a lot Very much	E	Not at all Not really OK Quite a lot Very much
How was your sleep last night compared to normal? (please tick)	Much bett Better Same Worse	er	Much better Better Same Worse	E	Much better Better Same Worse		Much better Better Same Worse		Much better Better Same Worse		Much better Better Same Worse	Ē	Much better Better Same Worse



### **Thought Full: Sleep Suggestions**

For parents, teens, children and families alike





Putting your phone down cuts out on the blue light.

- Leave your phone away from your bed, out of arms reach is key, otherwise the blue light is back

Gaming activates your brain, no matter how 'relaxing' you may find it.

PC, handhelds and console gaming is a favourite amongst teens, but this keeps the brain awake and heightens senses. Especially bud, graphic rich games.

Sit back from the screen, don't game in bed when it's late. You need to associate your bed with

somewhere you sleep, even if you play from there in the day. Besides, you won't be MVP when you're tired. Try to avoid getting to this point and stop early.

- People used to think that exercising just before bed would stop sleeping—this is untrue
- Exercise though, helps you to wind down, so walk, run, swim, do what you enjoy and walm down after. Your energy will be wom off and you'll want to rest. It is still better to exercise in the day when the sun is

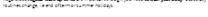


### Reducing background noise (where possible)

- Try using earplugs, shutting windows and plan noise like washing machines etc for outside of sleep times
- Whitenoise can help, there are many apps out there that will play such noises, find one you like and try it.

### Your body has a "clock" - work to it, not against it

- Have a regular bed time or go to sleep when you're tired (find what works for you
- Regardless, regular wake up times are important though, you need to train your body. Especially when





Avoiding caffeine, nicotine, and alcohol Whilst you think they may help, especially if you are tired in the morning from a lack of sleep. You don't want tea,

coffee, energy drinks or some fizzy drinks at all if you really struggle to sleep.



- Nicotine also keeps you awake too, including vaping also. - Despite the name night cap, even small amounts of alcohol before bed can impair sleep. Try a warm glass of



Retrain your brain- no napping & bed space ONLY to sleep - You need to re-teach your body of its bed and wake up times, day napping disrupts this, so try to avoid it.



- When you're tired, go to bed, but if you're lying there wide awake. Get up. Come back when you feel tired.

















## Other avenues of support:



Mentally Healthy Schools:

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

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

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

E-Wellbeing: <a href="https://e-wellbeing.co.uk/modules/tiredness">https://e-wellbeing.co.uk/modules/tiredness</a>

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



### Themes of workshops



- Active Listening
- Anxiety
- Building Resilience
- Common mental health difficulties & overview of Mental Health
- Emotion Coaching
- Exam stress
- How to talk mental health with young people

- Introduction to mental health & common MH difficulties
- Low Mood
- Self-esteem
- Separation anxiety
- Sleep
- Stress and Trauma
- Teenage brain

