

Journey to a Good Nights Sleep



Parent/Carers Guide



Compass Changing Lives have been in your child's class to discuss the importance of having a bedtime routine. Having a good sleep routine (sleep journey) can have many benefits on the amount and quality of sleep your child is having each night.



WHAT ARE THE BENEFITS OF A GOOD NIGHTS SLEEP?

Sleep is an essential building block for your child's mental and physical health.

Improve attention, focus and concentration.

Improves problem solving and reasoning skills

Improves mood, and general mental wellbeing

Better memory and information processing.



TOP TIPS TO IMPROVE YOUR CHILD'S SLEEP JOURNEY

Exercise

Being active during the day can really help e.g. walking home from school.

Environment

The sleep environment should feel like a relaxing space. It can be adjusted in lots of ways - tidiness, light or complete darkness, temperature and noise level.

Caffeine

Did you know...? Tea, coffee, fizzy pop and energy drinks all contain 'caffeine' which is a stimulant and best avoided drinking close to bedtime.

Blue Light

Did you know...? Electronic devices such as mobile phones, TVs, tablets and handheld games consoles produce a 'blue light' that suppresses our sleepy hormones, so prevent us from settling to sleep if used close to bedtime.

Food

Try to eat healthy meals throughout the day. Avoid eating large meals and sugary foods before bedtime.

Anxiety & Worries

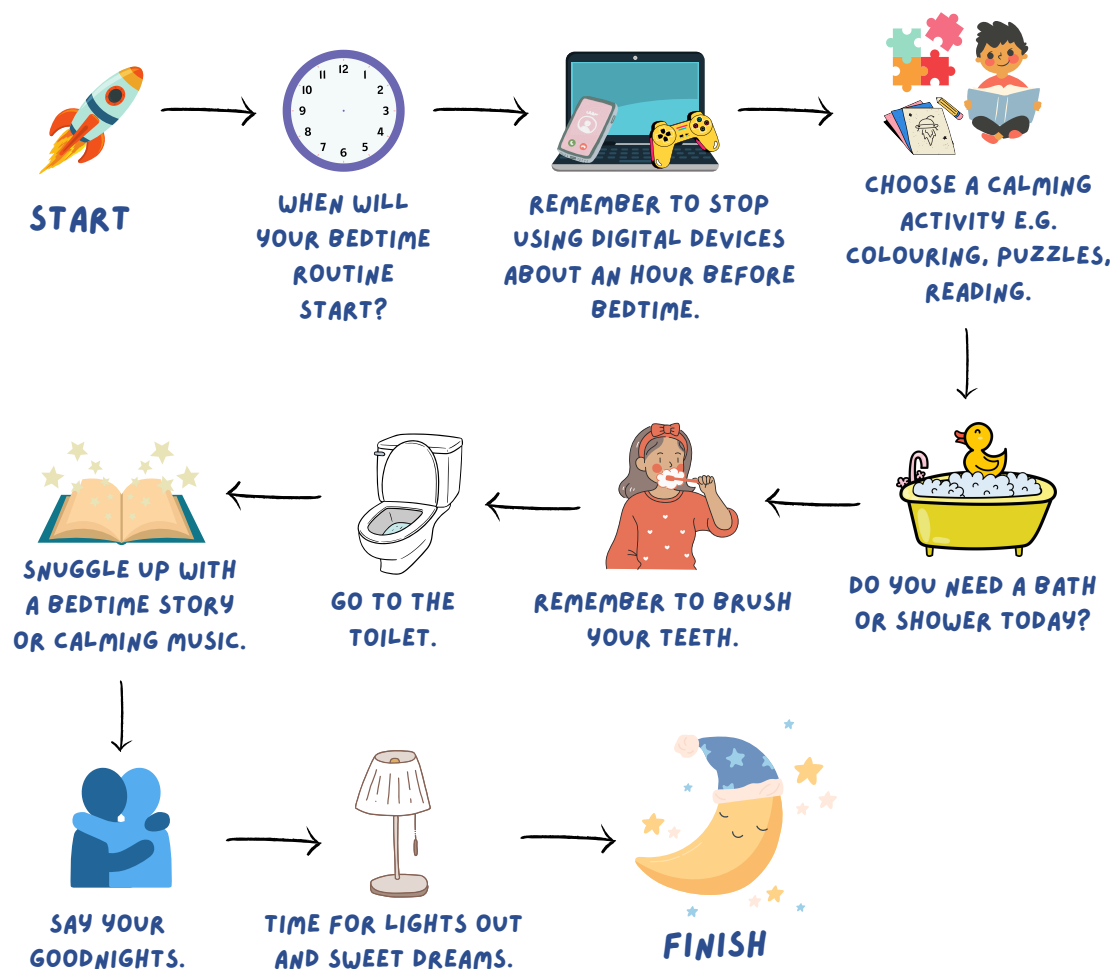
Our minds can be really active. Thinking about lots of different things we've done in the day. Try keeping a notebook by your bed to write down your thoughts.

Creating a bedtime routine (Sleep Journey), that starts at the same time every evening, can help your child's body ready for sleep. Your child has created their personalised sleep routine during the Changing Lives session.



ASK YOUR CHILD ABOUT THEIR SLEEP JOURNEY THEY HAVE CREATED. THINK ABOUT HOW YOU CAN IMPLEMENT THIS TOGETHER.

SLEEP JOURNEY EXAMPLE



Useful websites:

<https://sleepcouncil.org.uk>

<https://thesleepcharity.org.uk>



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