

# Lets talk about sleep

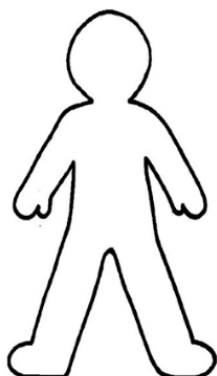
One third of our lives is spent sleeping so its very important!

This is particularly important for our emotional wellbeing as this helps us manage stress, anxiety and low mood. Unfortunately our sleep can be easily affected by changes in routine, lifestyle and when experience emotional distress.

Through this leaflet, you should learn a bit more about sleep and how to get back to a healthy sleeping pattern.

## **What sleep does for the body**

- Repairs muscles, organs and cells and supports growth.
- Supports your immune system in fighting infection.
- Supports a healthy appetite and weight.
- Regulates hormones in the body.



## **What sleep does for the brain**

- Enables our brain to make room for new information, supporting our memory.
- Supports clear thinking and decision making.
- Boost our energy and mood.
- Enables focus and concentration.



# How much should you sleep?



**Newborn's– 11-18 hours**



**3-6 months– 11-14 hours**



**1-3 years– 10-13 hours**



**3-5 years– 11-12 hours**



**6-12 years– 10-11 hours**



**13-18 years– 9 hours**

## The sleep cycle

There are four different stages of sleep that we move through to complete one sleep cycle. This sleep cycle then repeats throughout the night. Each sleep cycle takes around 90 minutes to complete. As we return to our lightest stage of sleep, we are most easily awoken by any changes from when we first fell asleep. For example, a child falling asleep to music may require this to fall back to sleep again when awoken.

### Stage 1

lightest (1-7 min)

- Heartbeat slows down
- Breathing slows down
- Eye movements slow down
- Muscles relax, and might occasionally twitch
- Brain waves begin to slow down

### Stage 2

light (10-25 min)

- Heartbeat and breathing slow down even more
- Muscles relax even more
- Body temperature drops
- Eye movements stop
- Brain wave activity slows

### Stage 3

deep sleep (20-40 min)

- Heartbeat and breathing slow to the lowest levels they will reach during sleep
- Muscles stay relaxed
- Brain waves slow down even more

### Stage 4

REM (20-40 min)

- Behind your eyelids, your eyes move rapidly from side to side
- Breathing speeds up and can become irregular
- Heart rate increases
- Blood pressure increases



# Tips for good sleep

Worrying can keep you awake at night. Writing in a diary or talking about your worries earlier in the day can help.

It's very important to exercise, but doing this during the day rather than evening will support good sleep.

Keeping your room dark, quiet and at a cool temperature is best for sleep.

Wake up and go to sleep the same time everyday-even on weekends.

Start a relaxing bedtime routine 1 hour before bed.

Only use your bed for sleeping. If you watch TV or do school work in bed, your body associates this with being awake.

No caffeine and sugar a couple of hours before bed. Bananas, milk or cherries are a good night time snack.

Screens can mimic the sunlight which can keep you awake. Turning your phone screen onto 'night mode' or 'blue light filter' can help.

Use a sleep diary to understand what might be affecting your sleep.

A bath 1-2 hours before bed supports a good body temperature for sleep

If you can't sleep after 30 minutes of trying, get up and do something calming before trying again.

Only sleep when you are actually tired and try not to nap during the day

# Bedtime Routine

It is important to have a bedtime routine which is followed every night at the same time, as this gets our body prepared for sleep. This routine should include calming and relaxing activities, and not involve screens.

## Sleep Preparation

- Dimming the lights
- Turning down the sound
- Having a warm drink
- Using the bathroom

## Calming Activities

- Reading
- Drawing
- Having a warm bath
- Night time stretches



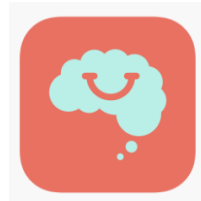
# Helpful Links

## Websites

- [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)
- [www.sleepfoundation.org](http://www.sleepfoundation.org)
- [www.nhs.uk/live-well/sleep-and-tiredness](http://www.nhs.uk/live-well/sleep-and-tiredness)

## Apps

- Smiling Mind
- Sleep hero
- Breathe think do sesame



## Brighton and Hove Schools Wellbeing Service

If your child is struggling with sleep difficulties, healthy eating, anxiety or worry during this time, our 'Trainee Education Mental Health Practitioners' can offer one to one or group interventions for children and young people. For enquires, please contact the Schools Wellbeing Service consultation line, leaving your name and number and someone will call you back.

**Number-** 01273-293481

**Email-** [SWSConsultationLine@brighton-hove.gov.uk](mailto:SWSConsultationLine@brighton-hove.gov.uk)