

Primary School Sleep Workshop

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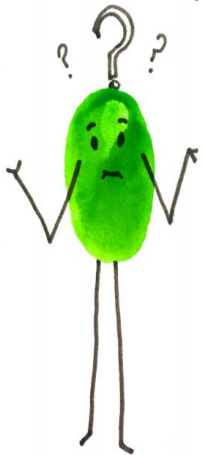
 Are you OK
Kingston?

 Are you OK
Richmond?



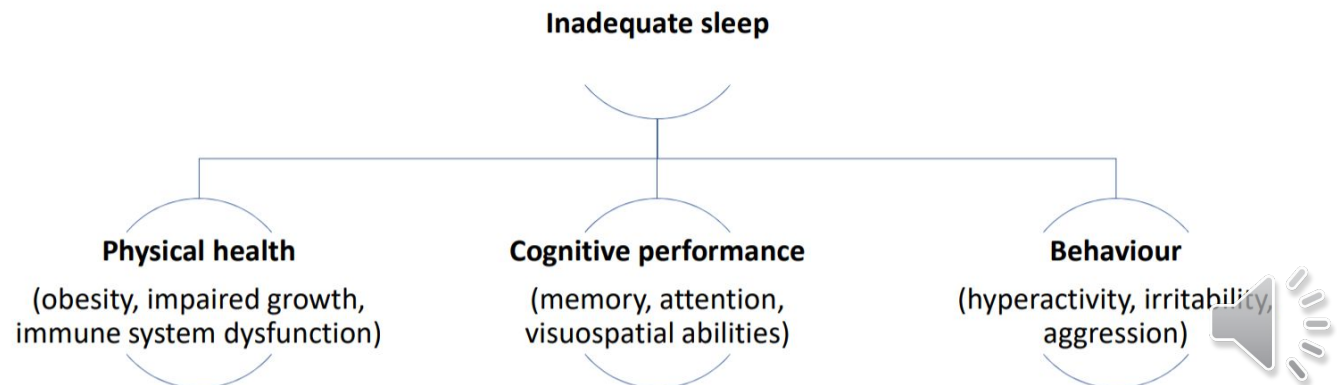
Interesting Sleep Facts

- Humans are the only mammals that willingly delays sleep.
- We naturally feel tired at two different times of the day: about 2:00 AM and 2:00 PM.
- 12% of people dream entirely in black and white
- The sensation of falling when you are half asleep is called hypnic jerks
- Humans spend 1/3 of their life sleeping
- Ideally, falling asleep at night should take you 10-15 minutes
- 1 in 3 people are sleep deprived

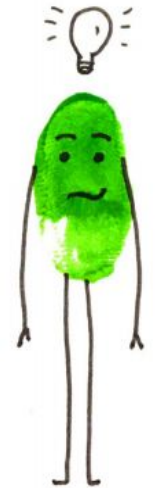
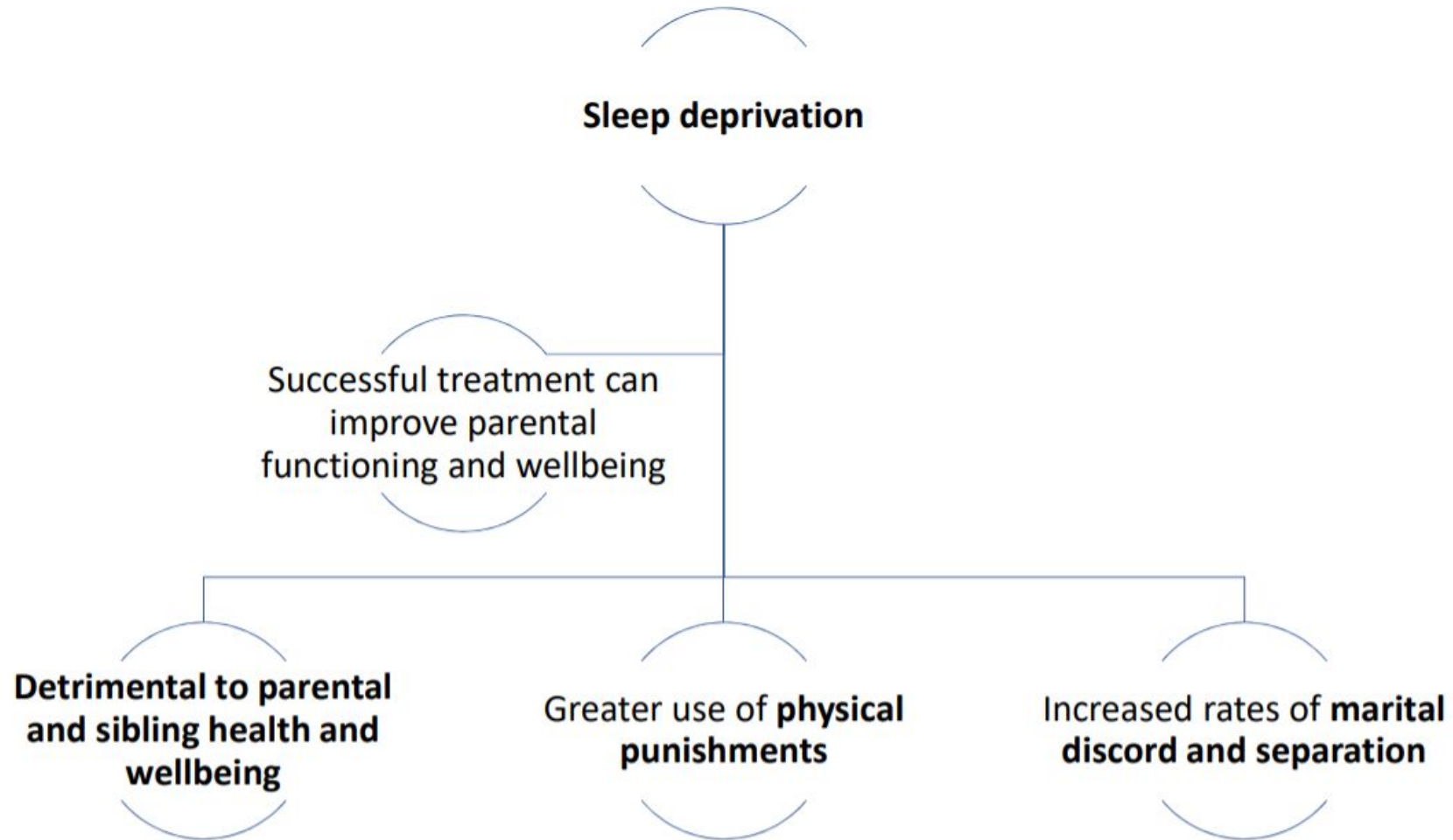


Introduction- Why is sleep so important?

- Our body needs it- to process, restore and strengthen.
- To consolidate memories
- To restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones.
- Reduces your chance of developing chronic diseases
- Makes you more alert, focused and able to learn
- Reduces the risks of suffering with poor mental health



Introduction- How can it affect a family?



How much should our children sleep?

Newborns (0-3 months): Sleep range narrowed to 14-17 hours each day

Infants (4-11 months): Sleep range widened two hours to 12-15 hours

Toddlers (1-2 years): Sleep range widened by one hour to 11-14 hours

Teenagers (14-17): Sleep range widened by one hour to 8-10 hours

Younger adults (18-25): Sleep range is 7-9 hours

Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours

School age children (6-13): Sleep range widened by one hour to 9-11 hours

Adults (26-64): Sleep range did not change and remains 7-9 hours

Older adults (65+): Sleep range is 7-8 hours





Healthy Sleeping Habits

- **Stick to a sleep schedule, even on weekends.**
- **Practice a relaxing bedtime ritual.**
- **Exercise daily.**
- **Create a good sleep environment- ensure ideal temperature, sound and light.**
- **Sleep on a comfortable mattress and pillows.**
- **Beware of hidden sleep stealers, like sugar and caffeine.**
- **Turn off electronics 90 minutes before bed.**
- **Worry time in the day**



Try a Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 							
I went to bed at:							
I woke up at:							
I slept for..... hours							
I woke up ____ times	1	<input type="text"/>					
Evening 							
I had ____ caffeinated drinks after midday.							
What did you do 1 hour before bed?							

[Sleep Diary](#)
(editable)

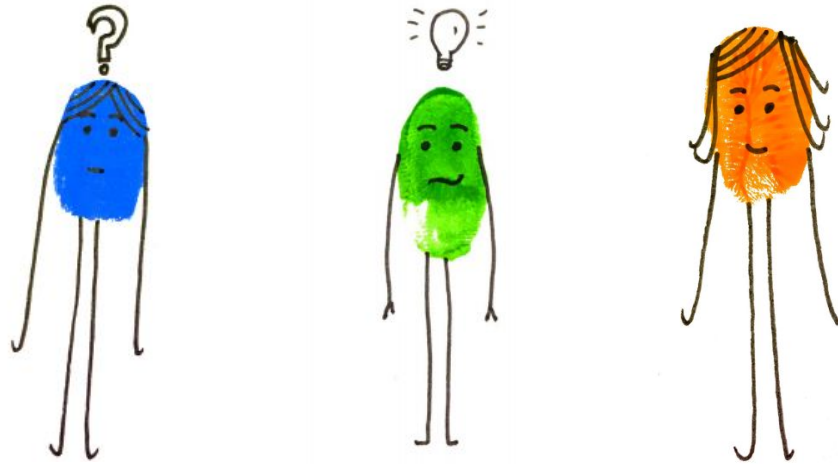


Helpful Resources

- Books- Matthew Walker- Why We Sleep, Richard Ferber- Solve your child's Sleep Problems
- Apps- calm, headspace, sleepio, pzizz
- Speak to a GP if you are still having issues with your child's sleep after making these changes.



Questions - Ideas - Feedback



Contact us on:
MHST@achievingforchildren.org.uk



Thank you for listening



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