CHANGING LIVES MENTAL HEALTH SUPPORT TEAMS
SPRING TERM 2021 NEWSLETTER FOR PARENTS

SLEEP SUPPORT

7 Top Tips for a Better Night's Sleep

Sleep. We all need it but many of us struggle to sleep well and then feel constantly tired! In terms of mental health, a great night's sleep ensures the brain works properly. It helps us to learn, remember, solve problems & make decisions, as well as protecting us against stress and mood swings. If sleep continues to be an issue for your child after trying all these things then please get in touch with us as we may be able to help.

Useful Websites: **https://sleepcouncil.org.uk** **https://thesleepcharity.org.uk**

Exercise



Being active during the day can really help you to sleep better. You don't need to be sporty - a walk in some fresh air will do! Exposure to sunlight helps keep the internal body clock on track. Exercise may help with falling asleep and sleeping deeply but remember not to exercise right before bedtime as heat created by the muscles can prevent you from falling asleep.

Environment



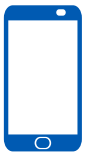
The sleep environment should feel like a relaxing space. It can be adjusted in lots of ways - tidiness, light or complete darkness, temperature and noise level so that your child/teenager can sleep. This is known as 'sleep hygiene.' Make sure there are no distractions such as toys/electronic devices that can stimulate them and prevent sleep. Have a look at your sleep spaces – how could you make them more sleep friendly?

Caffeine



Did you know...? Tea, coffee, cola, 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 the natural hormones in the brain that cause sleepiness and therefore prevents settling to sleep if used close to bedtime.

Food



Try not to go to bed hungry by eating healthy meals throughout the day. Avoid eating large meals and sugary foods just before bedtime as this can prevent you from sleeping.

Routine



Create a bedtime routine by incorporating wind-down activities such as a warm bath/shower, reading or listening to music. Sticking to a set pattern every night will help to create calm before sleep. Remember to go to the toilet as a last task before getting into bed to prevent needing to get up in the night time.

Anxiety and Worries



Our minds can be really active. Thinking about lots of different things such as what we've done, or haven't done and what we need to do. Have you tried a nodcast?
Head to : https://sleepcouncil.org.uk/advice-support/sleep-tools/nodcasts/
or try keeping a notebook by your bed to write down your thoughts.