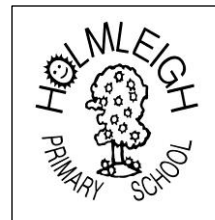
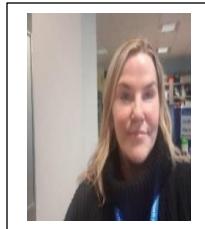


Wellbeing



and positive Mental Health at
Holmleigh

World Sleep Day on March 17th

Let's all celebrate World Sleep Day by making sure that we are getting enough 'shut eye!'

How can you go without sleep for seven days and not be tired?

Answer: Sleep at night.

But why do I need to go to sleep?

Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini holiday. Sleep also gives your [brain](#) a chance to sort things out.

Why did the boy sprinkle sugar on his pillow before he went to sleep?

Answer: So he could have sweet dreams!

What kind of dinosaur loves to sleep?

Answer: A steg-a-snore-us!

Good sleep is fundamental to good mental health. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep. Increasingly, studies show that the pattern and quality of our sleep is not only closely linked with our mental health and wellbeing, but also with our immune system, our alertness/cognitive functioning, our mood, our physical wellbeing, blood pressure and general health.

When we are having challenges in relation to our mental health, this can have an impact on our sleep patterns. Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour. Primary school-aged children generally need around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.

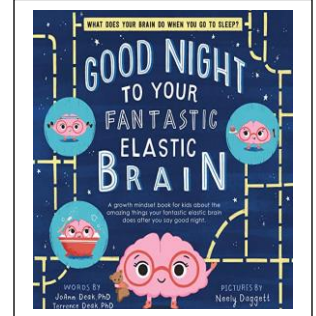
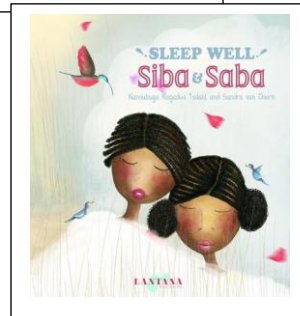
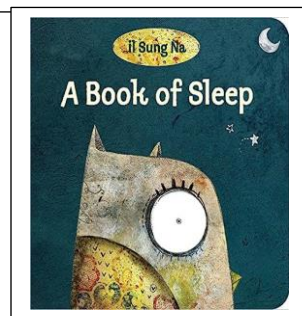
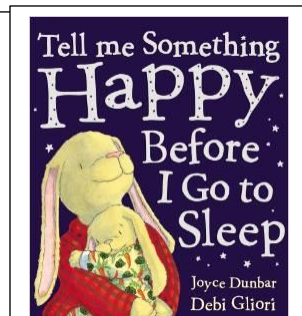
It is a good idea to follow basic guidance for good sleep hygiene including:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent soothing night time routine.
- Making sure children and young people are in natural daylight often and as early in the morning as possible
- Making sure children and young people get enough exercise during the day.
- Older children should avoid napping in the day.
- Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- Having low lighting and a quiet space in bedrooms.
- Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.

Did you know?

2. Elephants sleep less than any other animal.

You may have heard that an elephant never forgets, but scientists aren't sure why. It's thought that humans process memories during REM sleep. Elephants, on the other hand, have been observed to only go into REM sleep every three to four days, and they only sleep for about three hours.

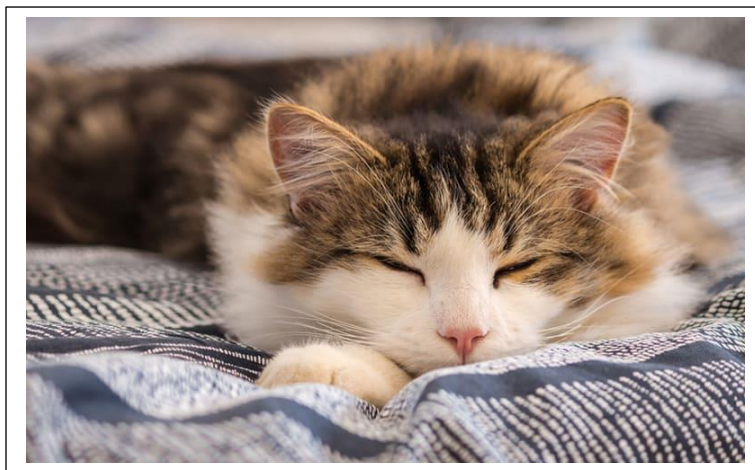


What to do if You can't sleep

Sleep problems in childhood are common and can take many forms, including nightmares or sleep terrors, sleepwalking and broken sleep patterns. These problems can often be temporary if good habits are consistently encouraged, but children and young people can also get 'stuck' in unhelpful habits. It is important, if sleeping does become an issue or becomes regularly disrupted, that help should be sought as soon as possible.

Write in a journal before you go to bed. This can help clear your mind so you won't have all those thoughts crowding your brain when you're trying to sleep.

- **Sleep in a dark, comfortable room.** Light tells your body that it's time to be awake, so you want it to be dark at night. But if you are really afraid of the dark, it's OK to turn on a dim night-light. People sleep best when the bedroom is a little cool, but not too cold.
- **Don't sleep with a pet.** This can be a tough habit to break, but your lovable dog or cat could be keeping you awake. As your pet cozies up to you or makes noise, it could wake you from a peaceful sleep. Try sleeping without your pet for a couple nights to see if you sleep better that way.
- **Avoid caffeine found in drinks like coffee, soda, energy drinks, or iced tea.** Caffeine is a stimulant and will keep you awake.
- **Get exercise every day.** Regular exercise can help you sleep, but exercising too close to bedtime will keep you awake. Find time to exercise earlier in the day.
- **Once you're lying in bed, try a peaceful mind exercise.** For instance, count backward from 100 with your eyes closed. By the time you get to 10 (yawn) we hope you'll feel very sleepy. And by 5, we hope you'll feel yourself drifting off ... 3, 2, 1, ZZZZZZZZZZZZZZZZZZZ.



Sweet Dreams from Holmleigh

