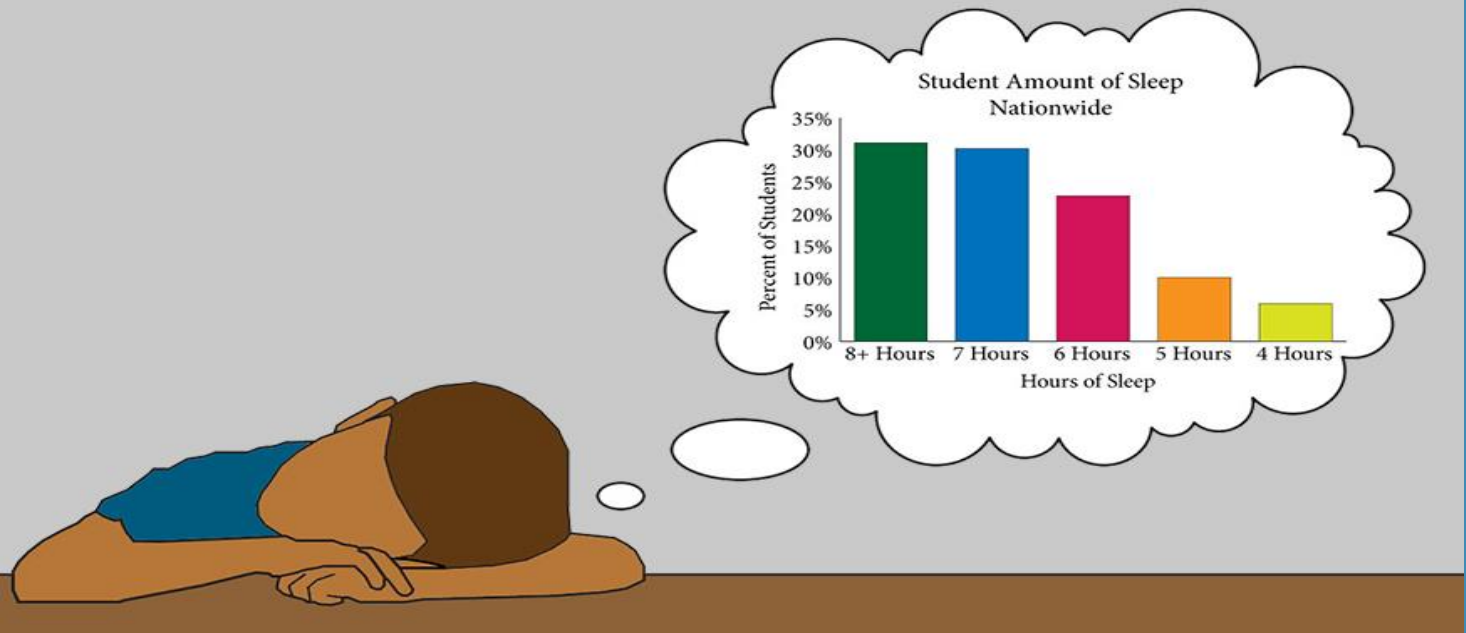


SLEEP AND WELL-BEING FOR YOUNG PEOPLE

Sleep and mental well-being in young people is an important link that can often be overlooked.

Sleep is an essential mechanism that we need to survive. We all need sleep, but no more so than when we're still growing and developing. Sleep and wellbeing go hand in hand.



SLEEP

Sleep is a really important part of our life.

It helps us to feel well, focused and happy.

Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.

WHY SLEEP MATTERS FOR KIDS

SLEEP RECHARGES KIDS' BODIES AND BRAINS SO THEY CAN:

- Feel calm and refreshed.
- Make good choices.
- Have a healthy weight.
- Pay attention in school.
- Remember what they learned.
- Do better in sports.
- Avoid getting hurt.
- Feel good about themselves.

AFTER 1 OR 2 NIGHTS OF LESS SLEEP, YOUR CHILD MAY:

- Have more meltdowns.
- Make poor choices.
- Zone out in class.
- Forget what they learned.
- Have trouble with sports and games.
- Get into arguments.

KIDS WHO ARE SLEEP-DEPRIVED MAY:

- Feel sad, hopeless, or anxious.
- Become overweight.
- Make risky choices.
- Use cigarettes, alcohol, and drugs.

HOW MUCH IS ENOUGH?

9-12 hours for ages 6-12 8-10 hours for ages 13-18

SLEEP

Good sleep habits have been shown to improve mood, concentration and improved performance at school. They may also help control overeating and obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, feeling hopeless and being irritable.

Very short sleepers, getting less than 5 hours a night, are more likely to experience long-term mental health issues.

On the other hand, if you're sleeping more than the recommended amount and find it difficult to get up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep or experiencing any of the above talk to the staff at our school, our school nurse or your GP.



HOW MUCH SLEEP DO YOUNG PEOPLE NEED?

We adults love to complain about how tired we always are... But, did you know that children and young people need on average 3-4 hours more sleep than we do? The NHS recommends:

School age children: 10-11 hours

Teenagers: 9-10 hours

Adults: 6-9 hours

School age children and teenagers lead busy lives. From school learning, extra-curricular activities and sports to homework and seeing their friends, it's no wonder they need all those hours to rest and repair for the next day.



HEALTHY SLEEP HYGIENE

Aim to go to bed and wake up around the same time each day including weekends. Have a routine.

Turn off screens like your phones, TV and laptops at least 30 minutes before bedtime. The light from screens can stop your brain from producing melatonin – sleep hormone, which is important in helping you get to sleep.

Turn on “Do not disturb” on mobile phones. These options limit interruptions from your apps and lower the colour light on your phone.

TIPS FOR TEENS TO PROMOTE A **GOOD NIGHT'S SLEEP**

- Try to get up at about the same time each morning.** (Icon: Alarm clock)
- Enjoy some physical activity during the day, preferably outside.** (Icon: Soccer ball)
- Worrying about things at night? Set time aside during the day for problem-solving.** (Icon: Puzzle pieces)
- Avoid drinking caffeine after 4pm as it's a brain stimulant.** (Icon: Coffee can with red X)
- Allow time to wind down at night. If you're working or studying, stop at least 30 minutes before bedtime.** (Icon: Person meditating)
- Avoid phones, tablets and watching TV just before bedtime.** (Icon: TV with red X)

WHAT CAUSES SLEEP PROBLEMS IN YOUNG PEOPLE?

Like with most health problems, there is no one simple answer to this question. A few common causes, however, include too much caffeine or sugar in their diet, a habit of sleeping very late or very early in the morning, and spending too much time on their phones, video games or computer.

Sometimes, though, sleep problems in children and teenagers can be a sign of a more deeply-rooted mental health issue. This can include anxiety, depression and chronic stress. Please remember to always share your concerns as soon as possible.



HOW TO HELP IMPROVE CHILDREN'S SLEEP AND MENTAL WELL-BEING

Warm baths

A warm bath can be extremely therapeutic, and not just for the body, but for the mind too. A bath before bedtime can give young people a time to completely relax, setting them up for a better night's sleep.

Exercise

Staying active is so important for mental health. Having a physical outlet for pent-up energy can help clear the mind, promoting better sleep. Just make sure that your child is active earlier in the day, and not too close to bed time.

Diet

Make sure your child is making healthy, balanced food choices. Avoiding too much sugar, cutting out caffeine and not eating too much before bed can all help them sleep better.

Limit screen-time

It's a good idea to keep your child's devices are managed in the evening while they sleep. Spending too much time on their phone or laptop before bed will keep their mind active – not what you want when you're trying to sleep! Screen addiction also has negative impacts on your child's mental health and behaviour

HEALTHY SLEEP HABITS

Improve your sleep with some positive lifestyle changes and consistent sleep habits



- 1 REGULAR SLEEP SCHEDULE**
 Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.
 
- 2 RELAXING BEDTIME ROUTINE**
 Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.
 
- 3 AVOID STIMULANTS**
 Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.
 
- 4 GOOD SLEEP ENVIRONMENT**
 Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)
 
- 5 BLOCK OUT NOISE AND LIGHT**
 Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.
 
- 6 ONLY SLEEP AND INTIMACY**
 Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.
 
- 7 EXERCISE AND DAYLIGHT**
 Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.
 
- 8 EAT WELL**
 Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.
 

SOME TIPS FOR A GOOD NIGHT SLEEP

It's best that you use your bed for sleeping only. Rather than doing your work, watching TV or going online, being in bed can cause your brain to associate bed with being alert and awake.

Ideally your bedroom should be dark, a cool temperature (16-18 degrees) and quiet.

Avoid caffeine and sugary drinks after late afternoon.

Learn the prophetic duas and try to read them before sleeping.

Try and sleep with wudhu.

Wudhu	dust bedding	Ayat Al-Kursi	Dhikr F'ajr Alarm
 Checklist before you go to sleep, 			
Shahada	sleeping dua	Right side	F'orgive & F'orget