

8 problems that might contribute to sleeplessness:

1) Temperature

Is the bedroom too hot or too cold? The recommended temperature to ensure a good night's sleep is between 16-18 C.

2) Stimulation

Is it a calm environment or is it filled with stimulating toys and activities?

Does their child play on computer games or watch television immediately before going to bed. Light from screens - such as tablet computers, mobile phones and TVs is thought to block the melatonin production needed to ensure sleep. Recommendations are that there are no screens the hour before bed

3) Sensory issues.

Are there, noises inside or outside the home that may stop children falling to sleep or wake them when they are asleep? What about light levels? Is the room dark enough? Black-out blinds may help to make the room darker. Think about smells. Is the bedding being washed in a detergent that has a strong smell that the child might dislike for instance? How comfortable are night clothes?

4) Comfort

Could the child be hungry or thirsty. Would a snack and a drink of milk after school allow a later time for their main meal? Remember to avoid sugar in drinks, snacks and meals and instead provide foods that encourage sleep.

5) Contenance

Are there issues to do with continence that are disturbing sleep or making the child anxious about going to sleep? Are they worried they might wet their bed or do they feel they often need to visit the bathroom during the night? Ask the GP for advice on how to respond to these problems.

6) Anxiety

Explore and address any anxiety concerns that might be impact on a child's ability to achieve sufficient high quality sleep.

7) Timing

Establish and implement the same routine each evening. For some pupils, a visual timetable might help.

8) Consistency

Ensure there is consistency in approach especially if other adults are sometimes in charge of the bedtime routine or bedtimes are sometimes in different houses. Ensure all stick to the routine even at weekends and holidays as it is more difficult to re-establish good sleeping habits than to maintain them.



If you have tried all the tips and your child/ren are still experiencing difficulties with sleep then if maybe time to talk to a health professional. They may suggest keeping a sleep diary. Either speak to your GP or ask at the school office and we can refer you to the School Nurse.



Richard Clarke First School

The Importance of Sleep

A leaflet
produced by
school for
parents

Why does sleep matter?

Experts acknowledge that sleep plays a significant role in brain development, and it is therefore important for children to get enough sleep as their bodies grow and mature.

As well as the role it plays in brain development, sleep also plays an important role in our brain's day-to-day ability to function. Lack of sleep makes it much harder for us to concentrate, and we become forgetful, irritable and prone to being clumsy and making mistakes.

Furthermore, scientific evidence shows that the right amount of night-time sleep is just as important for children's development as healthy eating and regular exercise.

how much sleep is enough for your child?

Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:

WHEN KIDS ARE ...	THEY NEED ...
up to 2 months	10.5 to 18 hours
3 to 12 months	9.5 to 14 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 12 years	10 to 11 hours

How much sleep does my primary school child need?

Sleep requirements differ from individual to individual, but in general a younger child needs more sleep than an older one. Between the ages of five and 11, your child will need 10-12 hours of sleep a night.

A bedtime routine is the best way to ensure that your child gets enough sleep. Devise a routine that lasts 30-40 minutes, and includes a bath and the chance to read a story (or stories) together. Try not to change your routine - don't change it at all during the week, and if you want your child to have a slightly later bedtime at the weekend, then only change it by maybe an hour .

Bedtime is a chance to spend some quality time together, and if it's a time both you and your child enjoy, your son or daughter will settle down in bed and drop off to sleep more easily.

References: BBC School Parents

Friendship Circle

At stressful times, such as when your child starts in Reception, and at the start of each new school year, your child will probably get more tired than usual and will need more sleep.

In the summer, because of the light evenings, it may be tempting to keep children up later - but try to keep to scheduled bedtimes, and invest in curtains with a blackout lining so the room is dark.

Towards the end of primary school, your son or daughter may start to stay up later in the evening, maybe chatting to friends online, playing games on a console or watching TV. They will find it difficult to get up in the morning and will be tired or irritable during the day if they don't get enough sleep.

