



Outstanding
education that
lasts a lifetime

MORNING TEA WITH THE PRINCIPAL

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- Sleep Health (or sleep hygiene) is all of the behaviours that go with sleep; including bedtime routines, length of sleep, quality of sleep, the environment in which a person sleeps, and the time and body positions of sleep.
- Research shows that children (of all ages) sleep best when their routines are a consistent, repeated set of activities which are carried out before going to sleep every night.
- These routines help prepare children for sleep by allowing them to “wind down” and feel more relaxed.
- These predictable routines give children a stronger sense of security – which aids them to go to sleep

- Research also shows that children (and adolescents/adults) who have bedtime routines are;
 - ✓ More likely to go to sleep earlier
 - ✓ Take less time to fall asleep
 - ✓ Sleep for longer periods of time
 - ✓ Wake less during the night
 - ✓ Therefore have higher “quality” sleep
- These benefits were seen in older children (teens) if they followed bedtime routines when younger
- Bedtime routines were seen to contribute to teaching children self-care, lay the foundation for improved working memory, improved attention and cognitive skill development
- By contrast, those children who don’t have bedtime routines were more likely to have identified sleep problems and adolescent body weight issues.



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What is enough sleep?

- Younger children 10+ hours
- Teenagers 9.5 hours (many average 7.5 hours) -> sleep debt
- Short-term effects =
 - ✓ Impaired attention & memory
 - ✓ Fatigue
 - ✓ Lower immunity
 - ✓ Emotional sensitivity (coupled with puberty = dynamite)
- Long term = studies have shown that children/adolescents who develop long-term sleep issues are more likely to experience;
 - ✓ emotional disorders
 - ✓ substance abuse
 - ✓ diabetes, cardio-vascular disease



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- 20-30% of all teenagers experience some sleep problems during their teens
- “Sleep Health” is the personal habits/ environmental factors influencing the length and quality of sleep.
- Signs of inadequate Sleep Health include;
 - X frequent napping
 - X irregular sleep (going to bed/waking at different times)
 - X physical & mental arousal before bedtime
 - X coffee/tea/sugar at night or before bed
 - X poor sleep environment
- Mobile phones -> light -> temptation FOMO

Meals and sleep?

- It's important to not be hungry going to sleep, but a full stomach means the stomach will be active and this works against going to sleep

Bedroom Routines?

- Bedroom should be a pleasant place - bed should be comfortable
- Not too hot (or cold)
- Relaxation exercises?
- No distractions... calm and rest inducing
- The bedroom should never be a living room (office, workspace, place to watch TV, eat etc.)
- This is a real trap for teens – the bedroom is a place for sleeping (train the brain to link the bedroom with sleeping)
- Exercise is great – but not before sleep
- Getting some exposure to daylight each day has been shown to be beneficial in making ***melatonin*** and in keeping our ***circadian rhythms*** regular
- No devices and no screen time for a minimum of 45-minutes before going to bed (incl. TV, Phone, Laptop)
- Routines are critically important as they prepare the brain and body for sleep
- Rest is good – if a child is not sleeping but quiet and resting that's ok
- Avoid school work just before bed time
- Electronics curfew - reward