

# SLEEP



We all know the importance of getting a good night's sleep and this is particularly true if you are disturbed by your child not being able to settle to sleep or waking through the night.

Although it is common for most children to go through periods of poor sleep, when it happens consistently it can impact on your child's concentration in school and lead to other problems if not resolved. As a school we do also recognise how challenging it can be if your child is a poor sleeper and are here to help!

It may be worth looking at your child's **Sleep Hygiene** (see resource by GOSH below) and to particularly make sure that they are not accessing any technology before bed as devices such as televisions, tablets, phones etc produce light that suppresses natural hormones in the brain that can cause sleepiness. A story or calming music at bedtime is far more beneficial.

**The recommended hours of sleep for your child based on their age in any 24-hour period are:**

**Age 3 – 5 years                      10 – 13 hours**

**Age 9 – 12 years                    9 – 12 hours**

We have put together some helpful resources to look at and do feel free to contact either our Home School Link Worker in the first instance if you require any further help.

**GOSH**

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

**The Sleep Charity:**

<https://thesleepcharity.org.uk/information-support/children/>

**NHS**

<https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>