



Dorset HealthCare
University
NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM IN SCHOOLS



SLEEP HYGIENE



PARENT/CARER WORKSHOP



SESSION CONTENT

- ★ WHAT IS SLEEP HYGIENE?
- ★ IMPACT OF POOR SLEEP
- ★ IMPROVING SLEEP
- ★ NEW ROUTINES
- ★ PLAN FOR FUTURE



WHAT IS SLEEP HYGIENE?

When we talk about sleep hygiene, we are referring to the habits in the lead up to bedtime that promote good, quality sleep.

This includes clear routines, being mindful of the sleep environment, and noticing what helps us to sleep and what doesn't.

PROBLEMS EXPERIENCED BY THOSE WHO HAVE DIFFICULTIES WITH SLEEPING

IMPACT ON HEALTH

People who experience sleep problems often experience other difficulties with physical and/or mental health.

IMPACT ON DAILY LIFE

Lack of good quality sleep can lead to struggles with concentration, making plans and decisions due to feeling irritable or not having energy.

IMPACT ON RELATIONSHIPS

The impact on daily life can impact relationships in a negative way as they may not have energy to see people or irritability towards others that may lead to feelings of isolation.

WHY DO SLEEPING PROBLEMS CONTINUE?

LACK OF SLEEP

Caused by problems with falling, staying asleep, disturbed sleep, waking up too early or not wanting to wake up.

FEELINGS OF WORRY AND STRESS

Can start to worry about things in daily life such as schoolwork, friends and family, the future more than usual.

TIREDNESS

Feeling lack of energy and irritability.

DIFFICULTY COPING WITH DAILY LIFE

May find it hard to concentrate, socialise with people and experience behavioural difficulties.

LOW SELF ESTEEM

Can start to feel low, and like you can't cope or manage daily life.

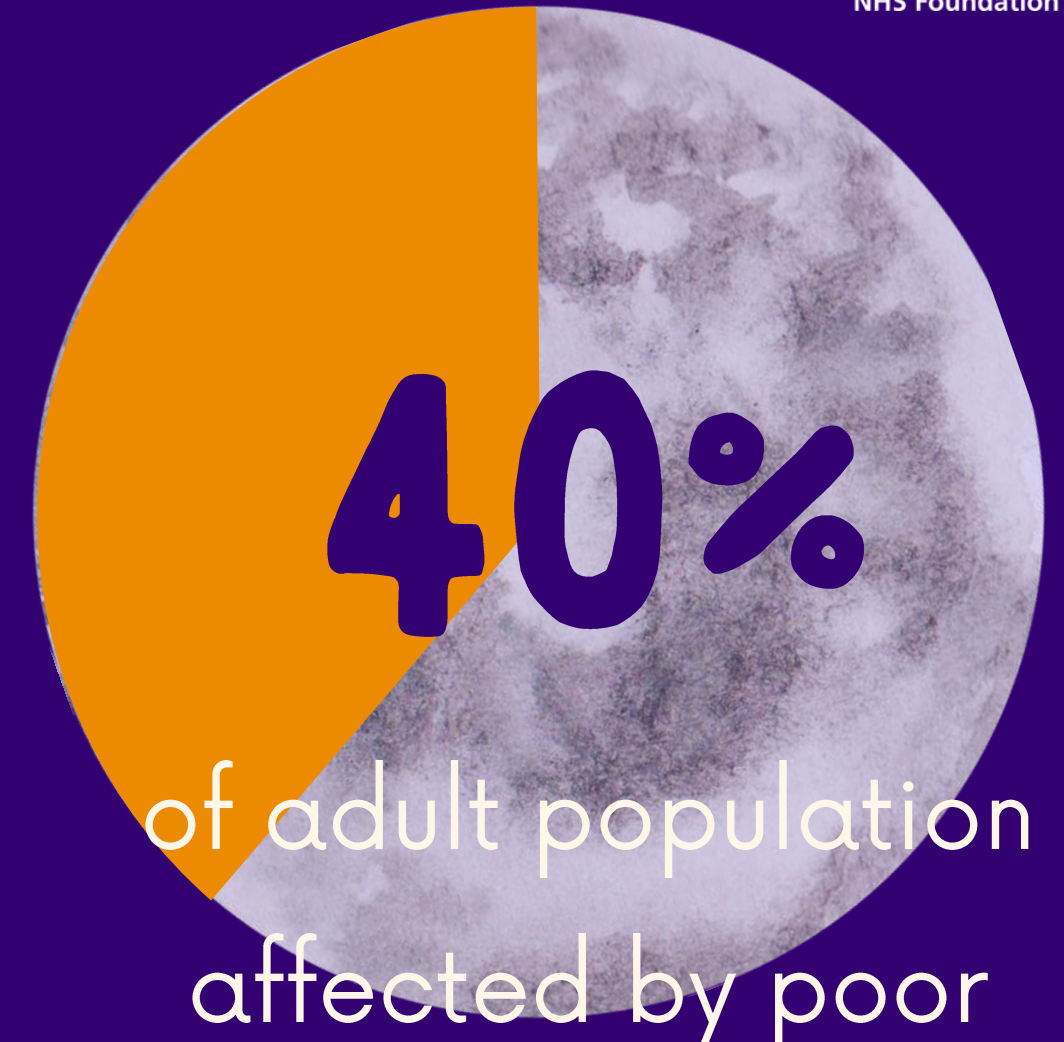




issues.



issue.



sleep.

BEHAVIOURAL APPROACH

Most sleep issues are behavioural and linked to routines.

Some do need specialist support.

HOW TO PROBLEM SOLVE YOUR SLEEP DIFFICULTIES

IDENTIFY THE FACTORS THAT ARE CAUSING AND MAINTAINING THE SLEEP PROBLEM

IDENTIFY REALISTIC CHANGES THAT MAY HELP

CREATE A STEP-BY-STEP PLAN IN ORDER TO ACHIEVE THOSE CHANGES

TRY OUT THE PLAN AND REVIEW HOW IT WENT

SLEEP ENVIRONMENT



IMPACT

Environmental conditions can play a significant role to get a good night's sleep and in turn, effect general well being.

ENVIRONMENTAL FACTORS

- Temperature
- Noise
- Light
- Bed comfort (mattress and bedding)
- Electronic distractions

BEDROOM MESS CAN LEAD TO STRESS

A messy bedroom has been proven to make it hard to put away thoughts of "unfinished tasks" and can lead to sleep-disrupting anxiety.

IRREGULAR SLEEP TIMES



Recommended Sleep Hours	
10-12 hours	Children aged 3-6
10-11 hours	Children aged 7-12
8-10 hours	Teenagers

WHAT IRREGULAR SLEEP LOOKS LIKE

Irregular sleep means that your sleep times are out of routine with your natural body clock and do not follow the “normal” sleep times at night. This can impact children’s mood and they struggle with no clear sleep or wake pattern for their body to follow.

WHAT AFFECTS IRREGULAR SLEEP

- Naps during the day and at night
- Having no regular pattern of when they sleep and are awake
- Having a hard time sleeping well, or being very sleepy when you are awake due to lifestyle or poor sleep conditions
- Not having the right total sleep time for your age.

IMPACT OF FOOD



WHATS IN YOUR FOOD

While many foods are helpful to sleep, other foods such as those with high-sugar, high-carbohydrate, caffeine, heavily-processed foods can lead to high spikes in blood sugar and trouble sleeping.

FOOD & DRINK TIMINGS

It is important to be mindful of when we intake food and water in relation to bedtime. A lot of bedwetting can be prevented by managing drink intake close to bedtime. If it continues despite this, you should contact your GP.

It is recommended that the last meal of the day is between 2-4 hours before bed.

FACTORS CAUSING SLEEP PROBLEMS

Reflecting on what is influencing poor sleeping habits can help unpick the root causes and be a positive step in making healthy changes.

Factors affecting sleep	Why these cause problems

TOP TIPS FOR GOOD SLEEP

SWITCH OFF

No TV, phones, homework, tablets or computer use in the bedroom 60 minutes before bed. Blue light from screens interferes with sleep.

BE COMFORTABLE

Ensure the room is a good sleeping environment that is dark, cool, quiet and comfortable.

ROUTINES

Good routines help with regulating the body clock and allow for much better sleep and rest.

A MESS FREE ROOM

Keep your bedroom tidy and remove any potential distractions that may remind you of stressful activities or responsibilities.

RELAX BEFORE BED

Consider activities such as having a bubble bath, using a room fragrance like lavender, reading a book or playing calming music.

MOTIVATION

Ensure your child understands the importance of sleep and use praise when they make good choices.

HOW CAN I IMPROVE MY/MY CHILD'S SLEEP?

Brainstorm some ideas below




BEDTIME ROUTINES

Implementing bedtime routines is crucial for a good night's sleep and building life-long healthy habits.

Repeating these habits in a similar order and at a similar time everyday helps to sync our body clock with sleep. This allows for us to fall asleep easier and get a quality sleep too.



Bedtime Routine	
	Put electronics away
	Take a bath
	Put on PJs
	Brush teeth
	Go to the loo
	Bedtime story
	Goodnight



Sleep Routine	
	Put electronics away
	Take a bath
	Put on PJs
	Brush teeth
	Go to the loo
	Bedtime story
	Goodnight

STEP BY STEP PLAN TO IMPROVE SLEEP

Choose one of your ideas to focus on first and create a plan below to follow.

IDEA:

What do I need to make the change happen?

When shall I make the change?

How can I make this happen?

How did it go?

Does anything else need to happen?

Who do I need to help me?

MOTIVATION FOR NEW ROUTINES

Reward charts can be a great tool to encourage children to work towards positive behaviours and new routines.

Start with focusing on one goal and give your child a choice of a reward to work towards. Give them lots of praise, even at attempts. Keep working towards the goal until it is ingrained.

Involve your child in as many choices as possible and/or create a reward chart with them to give them ownership over the positive changes.

SLEEP REWARD CHART

GOAL: _____

REWARD: _____

SLEEP REWARD CHART

GOAL: _____

MON	TUES	WEDS	THURS	FRI	SAT	SUN

REWARD: _____

ATTENTION PRINCIPLE	'OK' CHILD BEHAVIOUR	'NOT OK' CHILD BEHAVIOUR
ATTENTION	Positive behaviour increases	Negative behaviour increases
NO ATTENTION	Positive behaviour decreases	Negative behaviour decreases

SLEEP LOG

DAY	BEDTIME	WAKE UP TIME	TOTAL HOURS OF SLEEP	QUALITY OF SLEEP ☆☆☆☆☆	NOTES Did you have any dreams? Are you working towards a goal?
MON					
TUES					
WEDS					
THURS					
FRI					
SAT					
SUN					

REFLECTING ON WHAT WORKS

Tracking sleep with a simple log can be very helpful to spot patterns and increase positive behaviours.

You could do this as the parent/carer or involve your child. This could be helpful in collecting real evidence for them that routines help with their quality of sleep and also their mood.

HELPFUL RESOURCES

WEBSITES:

Sleep – HappyMaps

Sleep Charity- Children

APPS:

Headspace

Pzizz

Calm



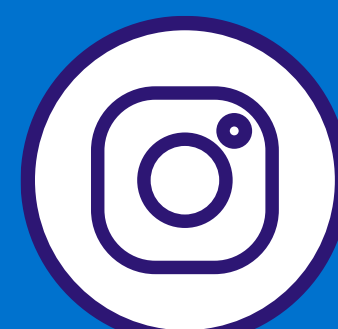
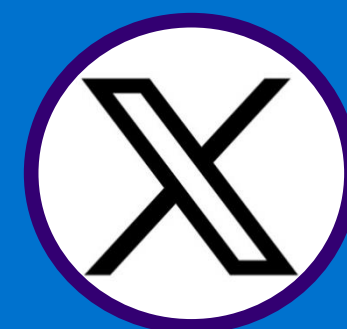
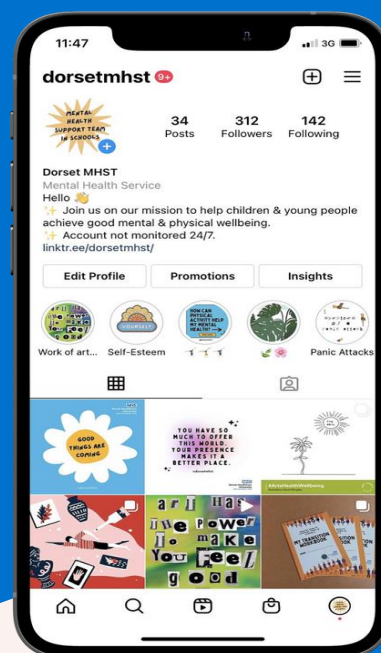
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THANK YOU FOR YOUR TIME!

EXPLORE THE REMAINING ACTIVITIES
ON THE TABLES

FOLLOW US ON SOCIAL MEDIA!

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