



Adults & Sleep

Sleep is important in adult life, and has many links to mental health:

- Poor focus, memory and concentration
- More likely to consume caffeine and sugary drinks
- More likely to take part in risky and anti-social behaviour
- More likely to suffer from colds and infections
- Less able to manage stress

Top tips to help



Create a wind-down routine

If you can't sleep, get up until you're ready to sleep again



Create a regular sleeping pattern

Create a restful sleeping environment



Exercise regularly

Watch what you're eating and drinking, avoid caffeine and sugary foods/drinks before going to sleep.



Keep a sleep diary

Write down your thoughts



How much sleep should I be getting?

7 to 9 hours

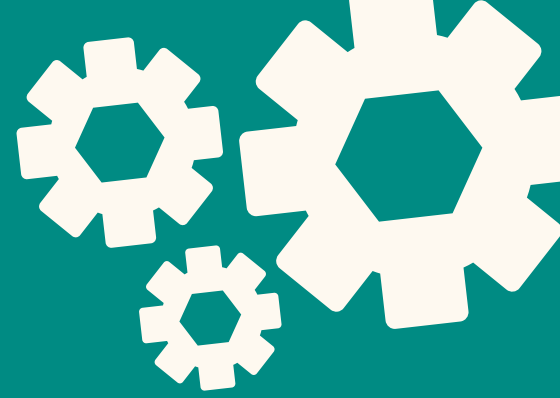


Where can I find more information?

www.mentalhealth-uk.org/help-and-information/sleep

www.thesleepcharity.org.uk/information-support/advice-sheets

www.nhs.uk/every-mind-matters/mental-health-issues/sleep/



Thought Sort

EVERYTHING ON MY PLATE

OTHER PEOPLE'S RESPONSIBILITIES

STUFF THAT'S OUT OF MY CONTROL

STUFF THAT DRAINS ME

STUFF THAT DOESN'T NEED TO GET DONE

Children & Sleep

Why sleep is important for their development?

Babies spend more than half of their time sleeping because this is a period of substantial growth. Sleep allows the brain to develop, building networks and engaging in activity that facilitates thinking and learning as well as the formation of behaviour.

As children grow they need fewer hours sleep. However sleep remains critical to their overall health and development. Lack of sufficient sleep at a young age has been correlated with problems with weight, mental health, behaviour, and cognitive performance (sleepfoundation 2023).

Top tips to help



Establish a good bedtime routine that promotes relaxation.
Be consistent even when it is incredibly difficult.



Try to stick to the same bedtime hours.
Wake your child up at the same time each morning.



Keep calm in the run up to bedtime.
Review your child's diet and eliminate caffeine and stimulants.
If you are worried about your child's sleep patterns seek medical advice from your GP, paediatrician or health visitor.



Make sure the bedroom is restful and remove any distractions.
Keep a sleep diary to see if you can identify any sleep patterns.
Reward the young person and stay positive.

As a rough guide, the sleep needs for children are as follows:

| | |
|------------------|---|
| 3 Months | Daytime: 5 hours Night-time: 10 hours |
| 12 Months | Daytime: 2 hours 30 mins Night-time: 11 hours 30 mins |
| 3 Years | Daytime: 1 hour Night-time: 11 hours |
| 6 Years | Night-time: 10 hours 30 mins |
| 9 Years | Night-time: 10 hours |



From nine years, the amount of sleep a child needs then reduces by around 15 minutes for each year that they age. So a 14-year-old will need around nine hours sleep and a 16 year old around eight-and-a-half hours sleep each night. Moving into adulthood, your child will need between seven-and-a-half and nine hours sleep each night (thesleepcharity 2023).



Wolfie's Bedtime Checklist



You can use this as a reward chart or visual timetable to support your child's bedtime routine.

| | | |
|--|---|--|
| I have had a wash/ taken a bath |  | |
| I have put on my pyjamas |  | |
| I have brushed my teeth |  | |
| I have read my favourite bedtime story |  | |
| I have turned my nightlight on |  | |
| Time for sleep |  | |