

Sleep

Advice, support and information

Why do we need sleep?

If you're active throughout the day your body and brain needs time to rest. The rest gives your body a chance to recover and grow. It is important to get enough sleep:

3-5 years old – 10-13 hours

9-12 years old – 9-12 hours

13-18 years old- 8-10 hours



What happens if I don't get enough sleep?

- You will be tired, have low energy levels, have poor concentration, feel down, and are more likely to make mistakes.

Bedtime routine- do the same thing everynight

1. Turn off all screens, dim lights an hour or so before bedtime
2. Have a shower or bath
3. Do a relaxing activity (drawing, colouring, reading)
4. Write down anything on your mind so that you can forget about it until the morning

Creating the perfect sleeping environment:

- Ensure the room is well aired - crack a window during the day if needed
- Choose suitable curtains - black out blinds or curtains can be particularly useful
- Remove devices with a screen from the bedroom to avoid temptation
- Make sure your mattress and pillow are comfortable.

Support services:

- **Compass** - [sleep- compass-uk.org/help-and-support/young-people/young-people-health/sleep/](https://compass-uk.org/help-and-support/young-people/young-people-health/sleep/)
- **The Sleep Charity** - thesleepcharity.org.uk



For advice and support, text us on 07507 331 525 or talk to a teacher about making an appointment with C4H, your school nursing service.