

Sleep

NEWSLETTER

DECEMBER 2023

THE IMPORTANCE OF SLEEP

Sleep is an essential function, it allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Good sleep improves your brain performance, mood and overall health. Sleep is as important as a balanced diet and regular exercise.



Did you know?

- Children 3 to 5 years need between **10 to 13 hours sleep** including naps.
- Children 6 to 12 years need **9 to 12 hours sleep**
- Teenagers 13 to 18 years need **8 to 10 hours sleep**

Ref: NHS Foundation Trust

ROUTINE, ROUTINE, ROUTINE!

A consistent bedtime routine is important as it teaches your child what to expect in the time leading up to bedtime.

All electronic devices should be turned off at least one hour before bedtime this includes T.V, computers, games consoles and mobile phones.

Help them to become involved in a quiet, relaxing activity such as colouring/drawing or building a jigsaw in the lead up to bedtime.

Baths are helpful but only if your child finds them relaxing. Ideally a bath should take place at least 30 minutes before bedtime.

The bedtime routine should last about 20- 30 minutes and have an end-point which your child will know means it is time to go to sleep, such as turning out the light and saying goodnight and leaving the room.



THE SLEEP CHARITY HAS LOTS MORE TIPS & ADVICE ON BEDTIME ROUTINES. VISIT THE WEBSITE [HERE!](#)

SLEEP HYGIENE

Sleep hygiene is not about cleaning your bed, it is creating a suitable environment for a good nights sleep. The Sleep Foundation has lots of advice on sleep hygiene for young people, including how to create a sleepy bedroom.



If your child has trouble sleeping, why not create a diary?! A sleep diary may identify when it is difficult for a child to sleep and help to find the cause (for example, anxiety on a Sunday night due to school). The Sleep Charity have put together a children's sleep diary, which you can download [here](#)!

NEW HORIZON HAVE A RANGE OF
MEDITATION & SLEEP STORIES FOR
YOUNG PEOPLE ON THEIR WEBSITE.
[CHECK IT OUT HERE](#)

WE WISH YOU
✦✦ a merry ✦✦
✦ christmas ✦

WE'VE CREATED AN ACTIVE ADVENT
CALENDAR TO KEEP THE WHOLE
FAMILY HAPPY AND HEALTHY OVER
CHRISTMAS. DOWNLOAD IT [HERE](#)!



LET'S GET SOCIAL

