

Baltasound Junior High School

Healthy Sleeping



The advice contained on this page is adapted from The Sleep Charity website.

Why Sleep Matters – Sleep is vital for children and young people to support their physical growth, mental development, emotional wellbeing, and their ability to learn. Did you know:

- Sleep helps us young people to grow – hormones are released during the night that support growth.
- Body tissue repairs during sleep – many top sports people have sleep coaches!
- A hormone is released during sleep that regulates appetite.
- A good night's sleep helps youngsters to concentrate better and to consolidate learning.
- Immune systems are stronger when we are well rested.
- We feel less anxious when we have had adequate sleep.

How much sleep should young people get?

Age	Average Number Of Hours Needed
2	(just over) 11
3, 4, 5	11
6, 7, 8, 9	Between 10 and 11
10, 11, 12, 13, 14	Between 9 and 10 hours
15, 16	Between 8 and 9 hours

The table shows the average number of hours of sleep needed by young people. Some need more and some need less but it is a good guide to what the average required amount is.

This advice is taken from the Sleep Charity (www.thesleepcharity.org.uk) which has more information on bedtime routines and advice for parents.

What factors affect a good night's sleep? Recommended strategies are shown below:

- | | |
|---------------------|---|
| Bedtime Routine | <ul style="list-style-type: none"> - keep bedtimes and wakeup times the same every day, even on weekends. - have a regular 30 minute bedtime routine to relax. - read a book together or older pupils could use an audiobook. |
| Bedtime Environment | <ul style="list-style-type: none"> - ensure the bedroom is cool, quiet, and dark; a safe place to relax. |
| Reduced Screen Time | <ul style="list-style-type: none"> - the light from devices, too much stimulation and limitless scrolling can prohibit sleep; limit screen time before bed or use parental controls on devices to turn devices off (and on again) at a set time. |
| Physical Activity | <ul style="list-style-type: none"> - bairns who are busy and active (not on a device) will sleep better. |
| Diet | <ul style="list-style-type: none"> - avoiding sugary food or caffeinated drinks in the evening. |

For more information go to www.thesleepcharity.org.uk or www.nhs.uk/conditions/baby/health/sleep-and-young-children/

BJHS VALUES: READY | RESPECTFUL | SAFE

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