



Welcome to our video mini-series looking at sleep.

These short videos aim to give you an understanding of why sleep is important, what influences our sleep and how to make positive changes that will support your child's sleep hygiene.

## Sleep Fact

Sleep is one of the main ingredients our children need to maintain a healthy lifestyle. It is as important as diet and exercise.

“Sleep is an essential part of existence, without which there are serious psychological and physical consequences”.

It is one of the key human functions that has remained throughout the evolutionary process.



Next, we will explore some of the reasons why sleep is important.

## So, a lack of sleep affects

Children who don't sleep well will see a deterioration in many aspects of their life.

Their ability to regulate and recognise their emotions becomes reduced.

There can be an impact on their physical health- for example they can be more prone to common childhood bugs.

There will be a deterioration in mental health- we can often feel much more anxious and less resilient when we have had prolonged periods of poor sleep.

And like new mothers who are often sleep deprived- tasks that are relatively easy when we are well rested can require much more effort- in children this can include getting dressed, organising themselves for school, managing homework etc.

## Consequences of poor sleep

We need to be aware of some of the consequences of prolonged periods of poor sleep- in order to understand why it is important to make changes.

- Physical consequences include immune dysfunction, obesity and being more accident prone.
- A child can begin to fall behind academically in school due to difficulties sustaining attention and retaining learning.

### Possible signs of sleep deprivation

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### What causes Sleep?

Most people notice that they naturally experience different levels of sleepiness and alertness throughout the day.

Sleep is regulated by two body systems: *sleep/wake homeostasis* and the *circadian biological clock*:

Sleep/Wake Homeostasis

creates a drive that balances sleep and wakefulness.

Circadian Rhythm our "Body Clock"

regulates the timing of periods of sleepiness and wakefulness throughout the day.

Sleep/wake cycle

Natural 24-hour cycle



### Behaviour also impacts on sleep!

**See the next mini video to understand more about the importance of our circadian body clock and sleep/wake homeostasis.**

### To find out more

To find out more about circadian rhythm, sleep-wake homeostasis or also for more hints and tips on how to improve your child's sleep routine, please see more in our mini-series.

# How To Contact Us...

Prior to contacting the service, we suggest you explore our resources online and on Facebook;



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Advice and support can be sought from the service by contacting the team directly using our Enquiry Line or via our Enquiry Email Inbox.



01896 826033 (voicemail)



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We will aim to contact you within 5 working days to discuss your enquiry