

Hidden Health- the power of sleep

Tackling Emerging Threats to Children and the School
Health Hub

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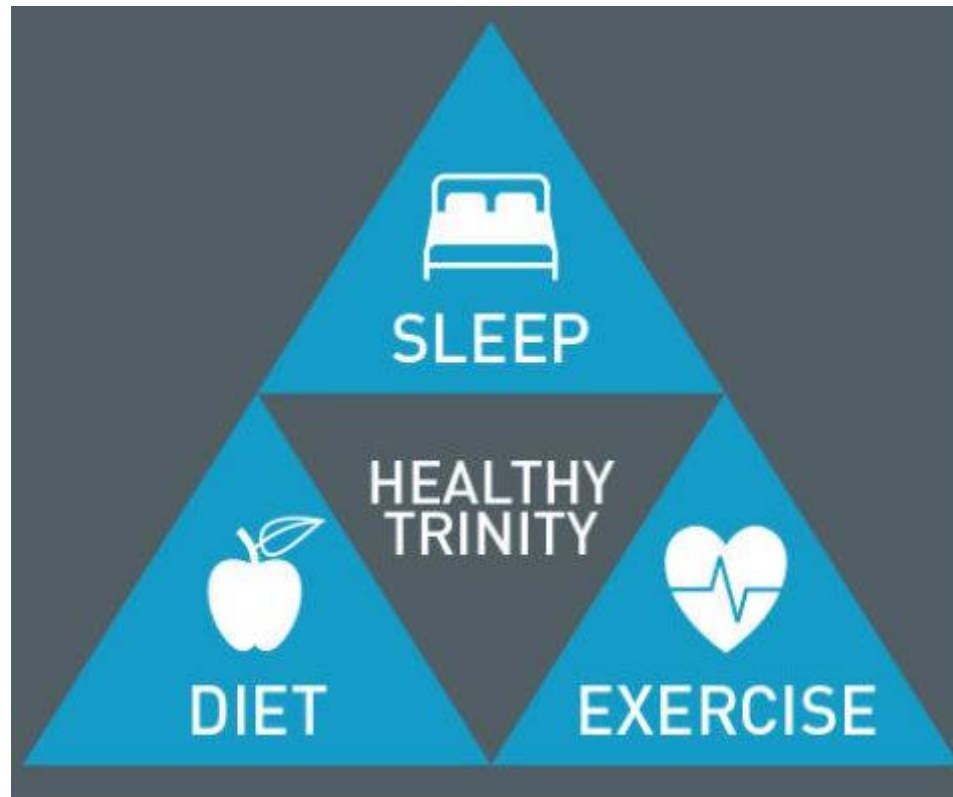


**Nottinghamshire
County Council**

Are we getting enough sleep?



The Health Trinity



The benefits for parents/carers, teachers and children

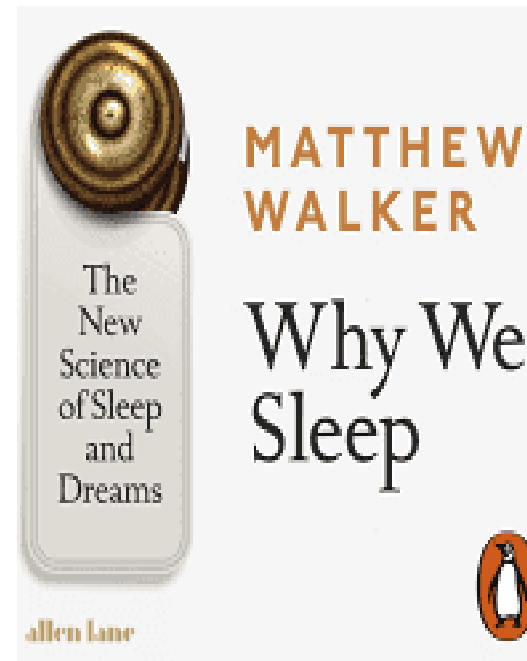
- Improved behaviour
- Improved mood
- Improved relationships (child and adults)
- Improved concentration
- Improved confidence and self-esteem
- Improved academic performance
- Improved overall health
- Less risk of bullying



Why do we need sleep and how does it affect us?

<https://youtu.be/Y-8b99rGpkM>

- Mood
- Relationships
- Productivity
- Memory
- Immunity
- Growth and repair
- Hormonal balance



The consequences of sleep deprivation.....what we are beginning to know.....

- Obesity
- Diabetes
- Cardiovascular disease
- Depression
- Dementia
- Fertility
- Auto-immune system
- Cancer

So what's stopping us?

- 24/7 lives- busy and no down time
- Screens and blue light
- Addiction to technology/social media
- Too much sugar
- Too sedentary
- Stress and worry
- FOMO
- What we as adults model.....



Good practice

- <https://www.youtube.com/watch?v=CfdXjs9ON4U>
- Health4Kids and Health4Teens



Good sleep hygiene

Go to bed sleepy – reserve your sleepiness for bedtime. Sleeping in the day can disrupt your night time rest.

Have a bedtime ritual – routine is sleep's best friend, it lets your brain know that now is time to sleep.

Try to maintain the same getting-up-time each morning; even if you vary the times you go to bed.

Avoid spending long periods of lying awake in bed before or during the night. Save your bed for sleep.

Don't ever 'try' to sleep – this is a self-defeating act as it is a process that has to happen naturally. If you can't get to sleep (or get back to sleep) then get up and do something that is not overly stimulating, read a book, make a hot caffeine-free drink, then return to bed when you feel sleepy again.



Let's relax and get ready for bed.....but before you do

<https://youtu.be/ajm4qT0j3l0>

- What will you pledge to do differently?
- Any questions?

Thanks for listening and good night.....



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