

Sleep

We need a good night's sleep to help us:-

- > Stay Healthy. (inc hair, nails, skin, eyes etc)
- > Grow
- > For our brains to function so we can learn – our memory can be effected
- > To be able to judge things properly/ make better decisions
- > To be happy during the day - can make you angry or weepy
- > For our brains to sort out everything that has happened during the day

Reason why we may not sleep

- Does not want to go to sleep
- Waking up early
- Wanting to sleep with parents/siblings
- Worried about going to sleep
- Frightened of sleep or bedroom
- Waking up in the middle of the night
- Nightmares
- Sleep walking
- Adolescent sleep deprivation (hormonal)

Routines/info

- What time do you/child start going to bed?
- Is there a good routine?
- Do the parent help with getting ready for bed?
- What time do you/child go to bed?
- What time do you/child actually fall to sleep?
- Have there been any problems since this has happened?
- What could have started the problem?
- How long has the problem been going on?
- Do you/they go to sleep immediately or wake?
- Do you/they watch TV or white screens before bed?

Variety of strategies to try

one week.

The time they fall asleep put them to bed at that time – if this does not work after one week them stop. If they are falling asleep 10-15minutes then to over a period of weeks bring this forward by 15minutes

Or see how long it takes to fall asleep and go to bed that much earlier - As 10hrs of sleep is needed. - (In bed 8.00 does not sleep until 10pm so it takes two hours to fall asleep. So will need to be in bed for 6.00pm so asleep by 8.00pm).

Avoid – high coloured foods or food/drink with caffeine –

Have a good routine –

- 1 Lights dim and no TV, white screen 1 hours before bed. – draw/colour, puzzles or read.
- 1 Bath 30 minutes before bed. Again dim lights

1 Have a snack – high in **Tryptophan**

- **Grained cereals/ pasta/bread**
- **Nuts**

- **Vegetables – fruit banana**

- **Dairy produce, warm milk - Eggs**

- Mum to have special time – to chat
- Worry box – to write/draw all you worries of that day
- Room to be dark and to have still going with what they wake up with. Ie if falls asleep

with music on then to stay on. Try to sleep without.

- To sleep with mums night dress
- To either or child wakes mum can reassure by talking – “I am here, try and settle

yourself” or go into bedroom for reassurance or the child can come into mums bedroom, does not disturb and can sleep on floor. Not in bed.

- Wake the child at the same time even at weekends.
- SLEEP DIARY – for the child to fill in. what time woke up – why they woke up – did they roll over and go back to sleep?