

# Killermont Primary School

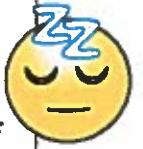


## Curriculum for Excellence Health & Wellbeing Sleep

*Sleep is now widely recognised as fundamental to the general health and wellbeing of us all. It is even more important to children and teenagers, because research has linked lack of sleep and poor sleep quality to impaired learning, obesity and depression and many other mental health conditions.- Sleep Scotland.*

## Health and Well Being

*Research has linked poor sleep quality and lack of sleep to obesity, depression and impaired learning. Many teenagers are falling far short of the amount of sleep they need each night which can have a truly detrimental effect on their physical and mental health. The Mental Health Foundation has stated that "sleep deprivation is a seriously neglected health issue in our population". – Sleep Scotland.*



## Curriculum For Excellence

The importance of sleep is recognised in the following outcome:

- I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body. HWB 0-28a

## How You Can Help

*If your child struggles to get to sleep or if they don't have a good sleep pattern established, here are some suggestions to help promote a good sleep routine.*

Elements of good sleep routine are:

- Same bedtime every night
- Same wind down routine (approx 1 hour)
- Stop electronic screens when winding down (blue light causes melatonin not to be produced)
- Relaxing warm bath
- Straight into dark, cool, quiet bedroom
- Bedtime story (not too exciting!)
- Lights out and leave to self settle
- Get up at same time every morning. No naps after 3 pm
- Some children like sleeping bags (they feel secure)
- Dim night lights (if required)
- Reduction of sensory stimulation, plain walls, duvet

Sleep is very important for our bodies. Sleep is not just a passive process; for the body, it's a bit like a computer doing updates, so a good sleep pattern is a vital part of our children's health and well being.

# From NHS Sleep and tiredness

## How much sleep do children need?

Below are the approximate hours of sleep needed by children of different ages, as recommended by the Millpond Children's Sleep Clinic.

### 1 week

- daytime: 8 hours
- night-time: 8 hours 30 minutes

### 4 weeks

- daytime: 6 to 7 hours
- night-time: 8 to 9 hours

### 3 months

- daytime: 4 to 5 hours
- night-time: 10 to 11 hours

### 6 months

- daytime: 3 hours
- night-time: 11 hours

### 9 months

- daytime: 2 hours 30 minutes
- night-time: 11 hours

### 12 months

- daytime: 2 hours 30 minutes
- night-time: 11 hours

### 2 years

- daytime: 1 hour 30 minutes
- night-time: 11 hours 30 minutes

### 3 years

- daytime: 0 to 45 minutes
- night-time: 11 hours 30 minutes to 12 hours

### 4 years

- night-time: 11 hours 30 minutes

### 5 years

- night-time: 11 hours

### 6 years

- night-time: 10 hours 45 minutes

### 7 years

- night-time: 10 hours 30 minutes

### 8 years

- night-time: 10 hours 15 minutes

### 9 years

- night-time: 10 hours

### 10 years

night-time: 9 hours 45 minutes

### 11 years

night-time: 9 hours 30 minutes

### 12-13 years

night-time: 9 hours 15 minutes

### 14-16 years

night-time 9 hours



Did you know that:

- Four-year-olds with sleep difficulties have an increased risk of developing mental health problems as early as six.
- Childhood insomnia has also been linked to problems with aggression and anxiety later in adolescence

But it's not only the health implications, there are strong indications that sleep deprivation affects memory consolidation and therefore your ability to retain information, a major drawback for any child or teenager at school.



For further advice:

Sleep Scotland [www.sleepscotland.org](http://www.sleepscotland.org) 0131 651 1392

their information line is available at these times:

- Monday to Thursday 09:30–17:00
- Friday 09:30–12:30

Sleep Difficulties in Children Factsheet from:

[http://www.capability-scotland.org.uk/media/57702/sleep\\_problems\\_in\\_children\\_11.pdf](http://www.capability-scotland.org.uk/media/57702/sleep_problems_in_children_11.pdf)