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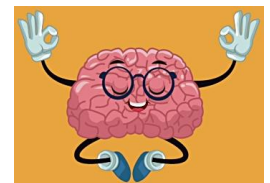
Feltonfleet School Sleep Workshop

Importance of sleep: “ Early to bed and to early to rise = a healthy, happy and well rested child”

We spend a third of our lives in a state of sleep, a state that is so crucial for our health, well being and sanity. Our children need it more than ever and them getting good quality consolidated sleep is key to their development.

Why do we need sleep:

- 1.) Sleep helps us stay healthy
- 2.) Sleep helps our brain store memories and make new ones
- 3.) Sleep helps us remember what we are learning at school
- 4.) Sleep helps our body grow
- 5.) Sleep helps us fight illness and when ill helps with our recovery
- 6.) Sleep strengthens our immune system
- 7.) Sleep helps us concentrate and be alert
- 8.) Sleep gives us dream experience where we can achieve and be anything we want
- 9.) Sleep gives our body the rest it needs after a long day of learning and exploring
- 10.) Sleep is a basic human need just like water, food, air and shelter



Some Top Tips that will help you get a good night sleep:

- 1.) **TURN OFF THOSE SCREENS!! – TVs, Phones, Computers all emit blue light that will affect how well you fall asleep and/or stay asleep. Turn them off up to 2 hours before bedtime routine starts**

Leave you phones and/or iPad in another room – They can charge while you sleep and the temptation is not there to keep checking your messages or play games when your body needs to be sleeping

- 2.) Bedtime hour between 7:30 – 8:30 pm – children need minimum 10 hours total consolidate quality sleep
- 3.) Have a bedtime routine – no more than 40 minutes:
 - Bath/Wash
 - Brush teeth
 - Pyjamas
 - Read a book for up to 20/30 minutes – The repetitive eye motion and low level brain activity is a natural sedative
 - You can also do some meditation/Breathing exercises
 - Lights out – Keep the room cool and dark, darkness helps melatonin production
 - **Get into bed and have a good night sleep**
 - Make your bed so it's nice and inviting for when you get back

