



Judy Clark
Your Certified Sleep Sense™ Consultant

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 land 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 your get a good night sleep:

Bedtime hour between 7:00 – 8:00 pm – children need minimum 10 hours total consolidate quality sleep

Have a bedtime routine – no more than 30 minutes (you can use a timer)

The routine can be as below:

- Bath/Wash
- Brush teeth
- Pyjamas
- Read a book – The repetitive eye motion and low level brain activity is a natural sedative
- Lights out – Keep the room cool and dark, darkness helps melatonin production
- Get into bed and have a good night sleep
- Wake up when its morning time and time to start your day – set a morning clock
- Help make your bed so it's nice and inviting for when you get bac

