

How to support a child who has

TROUBLE WITH SLEEP

Useful Apps:

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.



Pizz



Headspace



Calm



Fabulous - Daily
Routine Planner



Sleepiest - Sleep
Sound Stories

FACTORS THAT CAN AFFECT SLEEP

- The bedroom may be too noisy, messy, too hot or too cold.
- The bed may be uncomfortable.
- Irregular sleep routines.
- Not getting enough exercise.
- Eating too late - and finding it hard to get off to sleep.
- Going to bed hungry - and wake up too early.
- Cigarettes, alcohol and drinks containing caffeine, such as tea, coffee and energy drinks.
- Illness, pain, or a high temperature.

Mental health and wellbeing cards

<https://hampshirecamhs.nhs.uk>

FACTORS THAT CAN AFFECT SLEEP

- Feelings or strong emotions.
- Anxiety and worries.
- Depression.
- Overthinking and ruminating on the days events.
- Physical challenges – illness or disability.
- Medications that affect sleep patterns.

WHEN SHOULD I BE CONCERNED?

Lots of young people find getting to sleep, staying asleep or waking up a real problem. Disrupted, broken or insufficient sleep can really impact on people's mood and capacity to handle.

Sleep is an active period in which a lot of important processing, restoration, and strengthening occurs.

Children aged 6-12 years should regularly sleep 9-12 hours per 24 hours; teenagers aged 13-18 years should regularly sleep 8-10 hours per 24 hours.

There is useful information about sleep on the NHS website:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

WHAT CAN I DO TO SUPPORT MY CHILD?

- Make the room dark (use black-out curtains if possible).
- Turn off all screens and LED displays an hour before bed and encourage low arousal options if your young person uses screens for regulation.
- 16-18° C is the ideal temperature for good sleep.
- Ensure the bedroom is de-cluttered and make separate 'zones' for play, work and sleep. Make sure that the mattress is properly supportive.
- Support and encourage a regular bedtime routine and sleep pattern
- If possible resist taking naps during the day.
- Include weekends in the routine.
- Make sure they avoid drinking alcohol or caffeine (tea, coffee, energy drinks) before bed.
- Be mindful to not drink too much before bed.
- Avoid exercising right before they go to bed.

There is a lot of information on the Hampshire CAMHS website

<https://hampshirecamhs.nhs.uk>