

Further information

Sleep deprivation is a very real and very serious issue affecting a far greater number of young people than previously thought. 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. As part of the development of the **Sound Sleep** programme Sleep Scotland surveyed a number of teenagers and found there was a lack of knowledge about what is meant by healthy sleep and the benefits of getting it.

Useful websites:

- British Sleep Society
www.sleeping.org.uk
- International Paediatric Sleep Association
www.pedsleep.org
- Sleep Scotland offers a counselling service for parents who have a child with additional support needs
www.sleepscotland.org



Mrs Carney is the Sleep Ambassador for Giffnock Primary. Should you wish any further information about the Sound Sleep programme you can contact her at:

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Giffnock Primary Sound Sleep programme



Article 5: You have the right to be given guidance by your parents and family.

Article 24: You have the right to the best health possible and to medical care and information.



Sound Sleep: an overview



Sound Sleep is an education programme for all young people, developed by Sleep Scotland, an organisation which supports families and young people with additional support needs and sleep problems.

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 as research has linked lack of sleep and poor sleep quality to impaired learning, obesity and depression. The Sound Sleep programme raises awareness of the importance of sleep for the health and wellbeing of children as they enter the teenage years.

In Giffnock Primary we use the **Sound Sleep** lessons as part of our Primary 7 transition programme to support the pupils in their move to secondary school. The programme aims to:

- ✚ Raise awareness of the importance of sleep.
- ✚ Raise the level of knowledge about sleep.
- ✚ Help pupils who may be experiencing problems with their sleep.



How to sleep well



- ✚ Get out into natural light for at least 30 minutes every day.
- ✚ Avoid too many caffeine-based drinks.
- ✚ Do not have a nap during the day or lie-ins at the weekend.
- ✚ Find ways to deal with anxiety/stress: exercise can help.
- ✚ Do any stimulating activities such as exercise, homework watching TV or playing computer games earlier in the evening.
- ✚ In the **last hour before bedtime**
 - switch off TV, computer and phone.
 - have a bath
 - read or listen to relaxing music.
 - have a milky drink but not a heavy meal.
 - do some relaxation exercises.
- ✚ Keep to a routine of the same bedtime and waking time.
- ✚ Keep the bedroom dark, quiet and cool.
- ✚ No electronic gadgets in the bedroom.

