



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.
- The programme covers:
 - What sleep is.
 - How important sleep is: what sleep does for us.
 - Different types of sleep.
 - What happens to us when we sleep.
 - What helps us to fall asleep and then wake up.
 - How much sleep we need.
 - Our body clock.
 - What happens if we don't get enough sleep.
 - What can stop us getting a good night's sleep.
 - How to get a good night's sleep: sleep routines.

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.

Primary 7 pupils who have undertaken the Sound Sleep programme have commented:

I liked the Sound Sleep lessons. I didn't know before how important sleep is and what it does for our bodies. I don't think I get enough sleep.

What I liked best about the lessons was all the science. I understand now about blue light and how it affects our sleep. I put the iPad away now.



<https://www.sleepscotland.org/>