

Get Help With Sleep Problems

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you may feel you want more support.

You can speak to your GP or health visitor to begin with.

Sleep Scotland

Sleep Scotland is a sleep charity which works to promote healthy sleep for children and young people across the UK and Ireland through sleep counselling, education, and by raising sleep awareness. They offer a Sleep Support Line and accept email enquiries.

Tel. 0800 138 6565

Email sleepsupport@sleepscotland.org



Contact Us

If you have any queries about your child's learning or wellbeing, please contact the school.

Contact Details

Named Person: Mrs Tracey McCulloch

Phone: 01501826707

Email: enquiries@dykehead.n-lanark.sch.uk

For more information see

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

<https://www.nhs.uk/live-well/sleep-and-tiredness/>



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SLEEP AND YOUR CHILD

*Dykehead
Primary
School*

"Determined Pupils Succeed"





The Importance of Sleep

Sleep is essential to support children's development. Well-rested children are more able to meet their full potential in every aspect of their lives. Listed below are just a few of the symptoms of sleep deprivation in children:

- Growth or hormone issues
- Concentration difficulties
- Mental health issues
- Lowering of the immune system
- Hyperactivity
- Weight gain
- Behavioural issues
- Difficulty remembering things

Parents who are disturbed by their child's poor sleep patterns are also likely to suffer from sleep deprivation. A well-rested household usually makes for a happier home.

Falling Asleep

Falling asleep is not like flicking a switch, but is rather a progression of stages triggered by environmental stimuli and hormones in our body. Reduced light triggers your body to produce melatonin, which prepares your brain for sleep. Bright lights, including those produced by screens (TV, tablets, mobile phones), interfere with this melatonin production, making it difficult to fall asleep. This is why the right environment and sleep routine is important.



Children of primary school age need between 9 and 11 hours of sleep every night.

Good Sleep Hygiene

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep.

- Being active during the day promotes good sleep, but avoid strenuous exercise in the 2 hours before bed time.
- Have a light supper, but don't eat too heavily in the run up to bed time. Avoid sugary foods and caffeine.
- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- Avoid screens in the bedroom.
- Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C.