

Signs of Sleep Deprivation:

Lack of concentration

Irritable

Frustrated

Emotional

Disruptive

Difficult to wake

SLEEP WELL LIVE WELL TRAINING



Sleep Effects:

Melatonin is the sleep hormone, which works against cortisol (the stress hormone), if you are under stress, this severely affects your sleep.

Poor sleep can affect your physical and mental health.

Sleep limits are not recommended for children during the day, children should be able to sleep for as long as they need as this is vital for their development.

Sleep Associations:

Sleep associations are what we fall asleep to, and it can cause frequent waking throughout the night if this changes throughout their sleep. For example, if a child sleeps being breast fed, this becomes their sleep association and they will often wake for this comfort. Another example would be falling asleep to the sound of the television, if this is then turned off, the child may wake through the night and need a background noise to fall asleep again.

The ways these can be managed to ensure the child stays asleep all night, is not to have the last feed when going to sleep and have a white noise CD. Children need to go to sleep with the same sound and lighting as they will have throughout the whole night.

Stages of sleep:

Every 90 minutes our sleep comes to a nearly awake stage, and if the sleep association is broken, this could cause waking. Parents can be a sleep association if the child falls asleep with the parent. If the sleep association is not broken, every 90 minutes, we then fall into a deep sleep for another 90 minutes.

Strategies to help bedtime routines:

No technology 90 minutes before bedtime – technology produces blue light which tricks the mind in thinking it is day time. If you have no screen time before bed, you are more likely to settle quickly.

Hand-eye co-ordination activities, such as puzzles, are a great way to relax before bed.

It should be a one way street to bed, when you go upstairs you should not come back downstairs again. Ideally it should be bath/shower, pyjamas, story then bed.

Strategies if you are struggling with children's bedtime routines:

The boring parent – Whoever is putting the child to bed must not be fun during the bedtime routine. Use the phrases "it's night time, time to sleep" repeatedly, there should be no conversation at bedtime.

Sort it out time – About an hour before bed, talk about anything that is worrying the child, worry monsters and bears can be used.

Five magic kisses – Give your child a kiss and then say "I'll come back in two minutes and give you another kiss" and by the time you get to 5 the idea is that they have fallen asleep. This helps if the child suffers from anxiety of you leaving.