

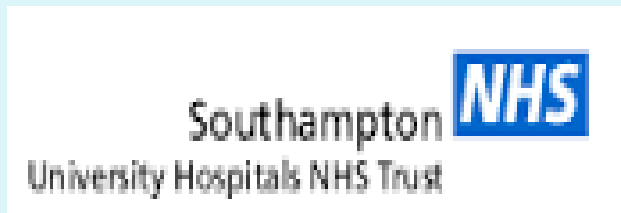
Sleep Well



Sleep Practitioners

Trained at Southampton NHS Sleep Clinic

1. Helen Cattermole, RN
2. Helen Tracey, SW
3. Catherine Greaves, RN RM
4. Ruth Pearse, BEd



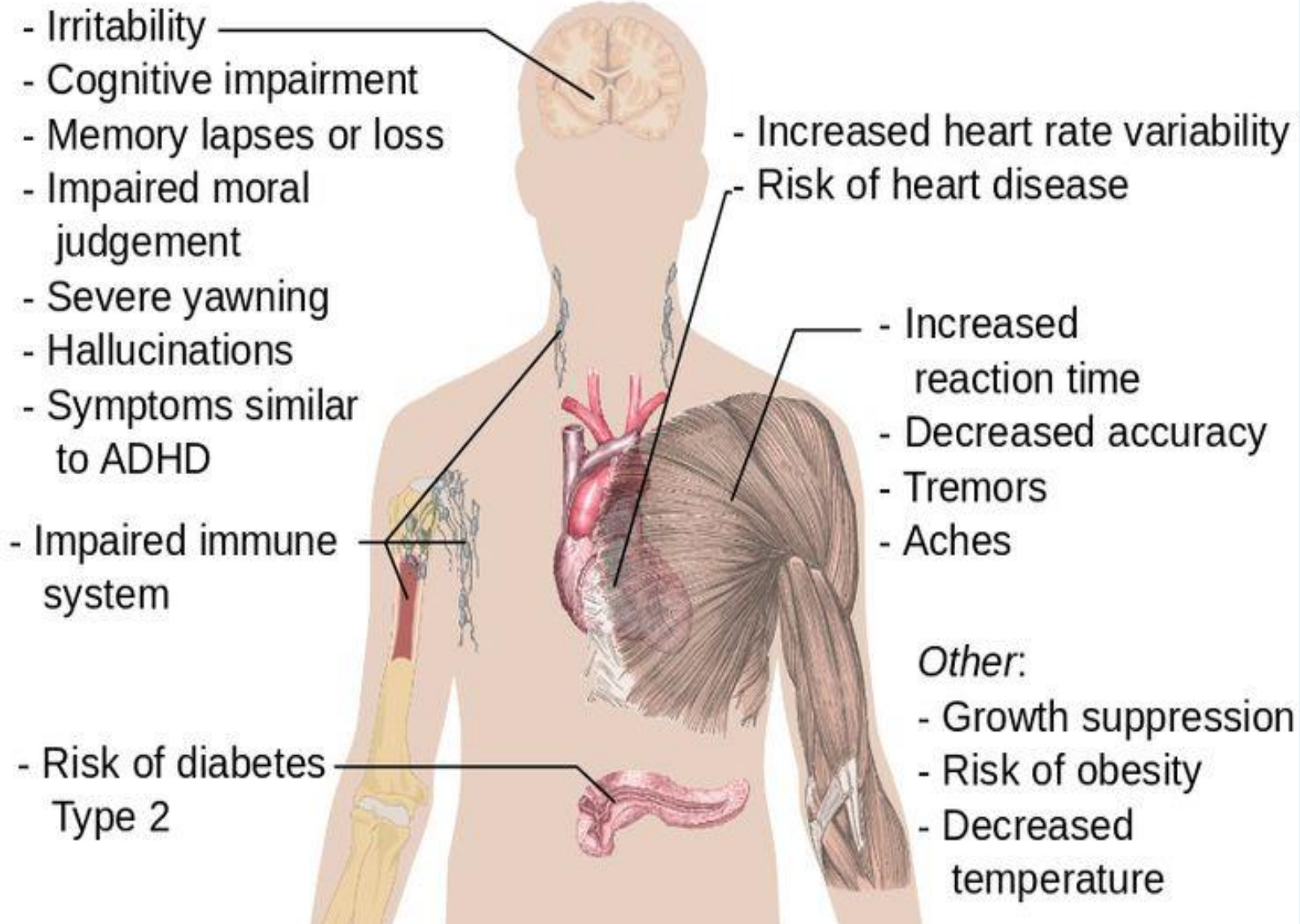
What are you expecting from this session?



Why sleep is important and
what happens when you
don't get enough



Effects of Sleep deprivation



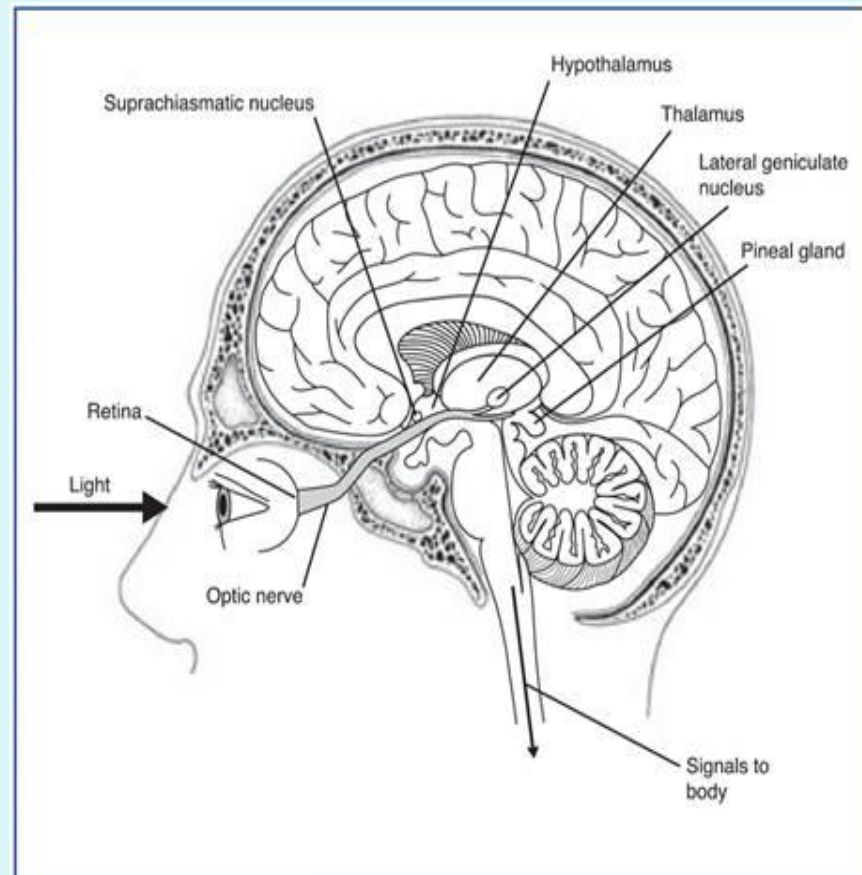
How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

Control of our sleep/wake cycle

- Body Clock
- Hypothalamus in the brain
- Sleep hormones



Which hormone is the
“gatekeeper of sleep”?



Melatonin



Dim light/dark



Retina (eye)



Brain



Stimulates melatonin



Feel Sleepy



Stay asleep



Light -natural or artificial
especially blue light



Retina (eye)



Brain



Inhibit/stops melatonin



Feel Awake



Stay awake

Questions



Sleep Cues - support the body clock to run at 24 hours rather than 25 hours

- Light/Dark – the most important (melatonin)
- Sound (usually lack of or a sound only associated with sleep)
- Regular timing of meals
- Temperature
- Social Cues/Behaviours eg bedtime routine
- Feeling calm & relaxed



What sleep difficulties are you dealing with?



Common Sleep Difficulties

- Settling difficulties.
- Night waking
- Early morning waking



What strategies are likely to work –
research and experience of Sleep Practitioners –

- **Bedtime Routine**
- Gradual Retreat
- Delayed bedtime



What you do to help settle your child at bedtime, be prepared to do at 2:00, 3:00 or 4:00am!



Bedtime routine



1. Home from school
2. Snack
3. Outside play/physical activity
4. Homework
5. Mealtime
6. Homework/Playtime
7. Screens off at least one hour before bedtime
8. Quiet play (fine motor) and snack if needed. Time to talk – worries/anxieties
9. Bath & pyjamas (1/2 hr before bedtime)
10. Get into bed (cool, dark, quiet room)
11. Story/ self reading.
12. Leave child to settle to sleep

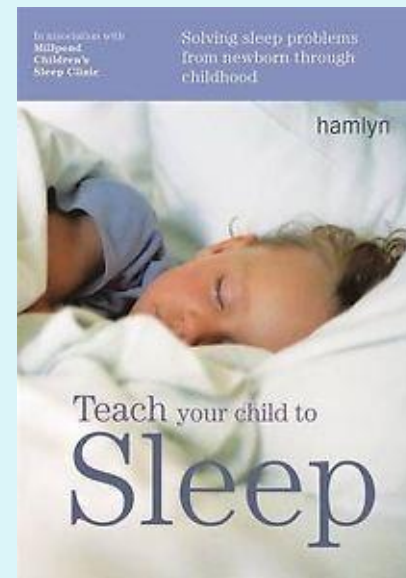
Like to find out more ?

For parents/carers of children/young people with special needs

- Sleep Workshops for parent/carers
- Sleep Clinic
- Specialist parenting courses



- Suggested book



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