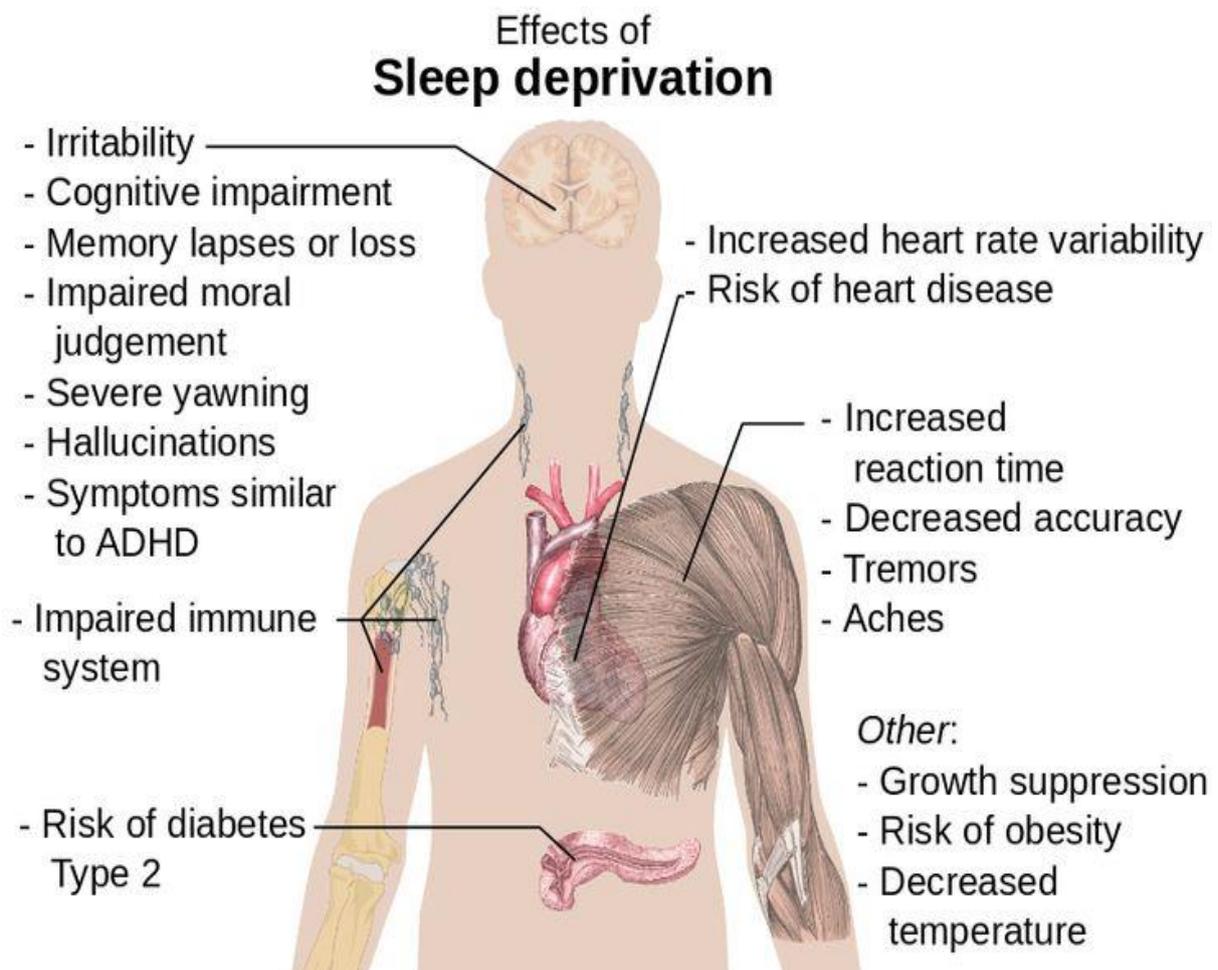
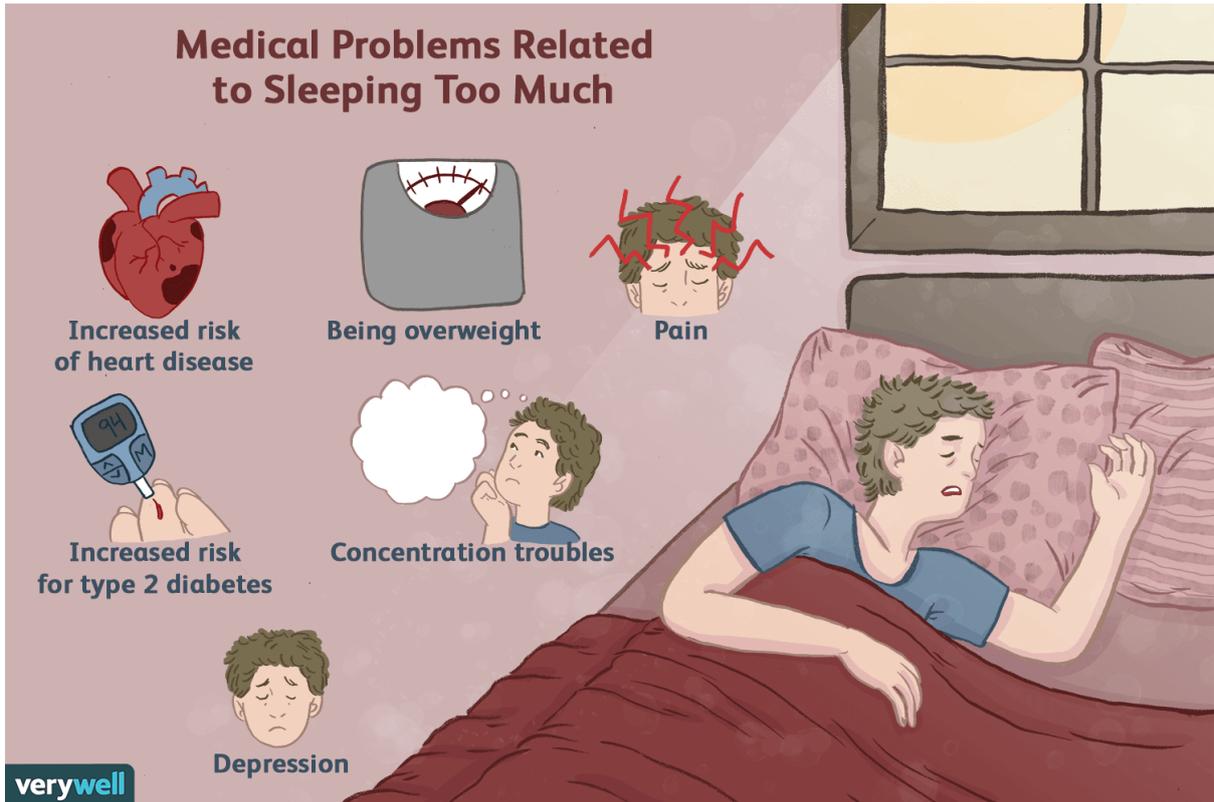


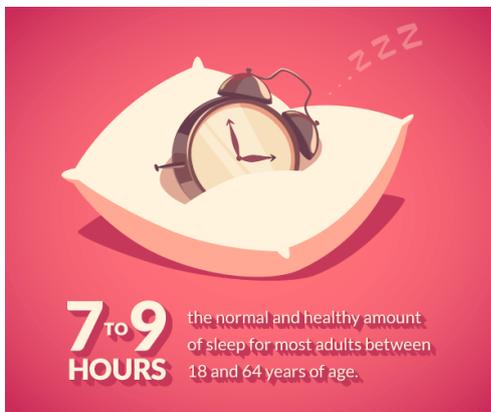
# The Importance of Sleep

Sleep seems to be a tricky thing in these strange times and with our minds full of how to stay safe we seem to have forgotten the importance of sleep and how too little or too much can affect the way we function each day.





It is important to try and stick to your normal sleep patterns as much as you can!



## **Set a routine:**

Establishing a routine can facilitate a sense of normalcy even in abnormal times.

Sleep-specific aspects of your daily schedule should include:

- **Wake-Up Time:** Set your alarm, bypass the snooze button, and have a fixed time to get every day started.
- **Wind-Down Time:** This is an important time to relax and get ready for bed. It can involve things like light reading, stretching, and meditating along with preparations for bed like putting on pyjamas and brushing your teeth. Given the stress of the coronavirus pandemic, it's wise to give yourself extra wind-down time each night.
- **Bedtime:** Pick a consistent time to actually turn out the lights and try to fall asleep.

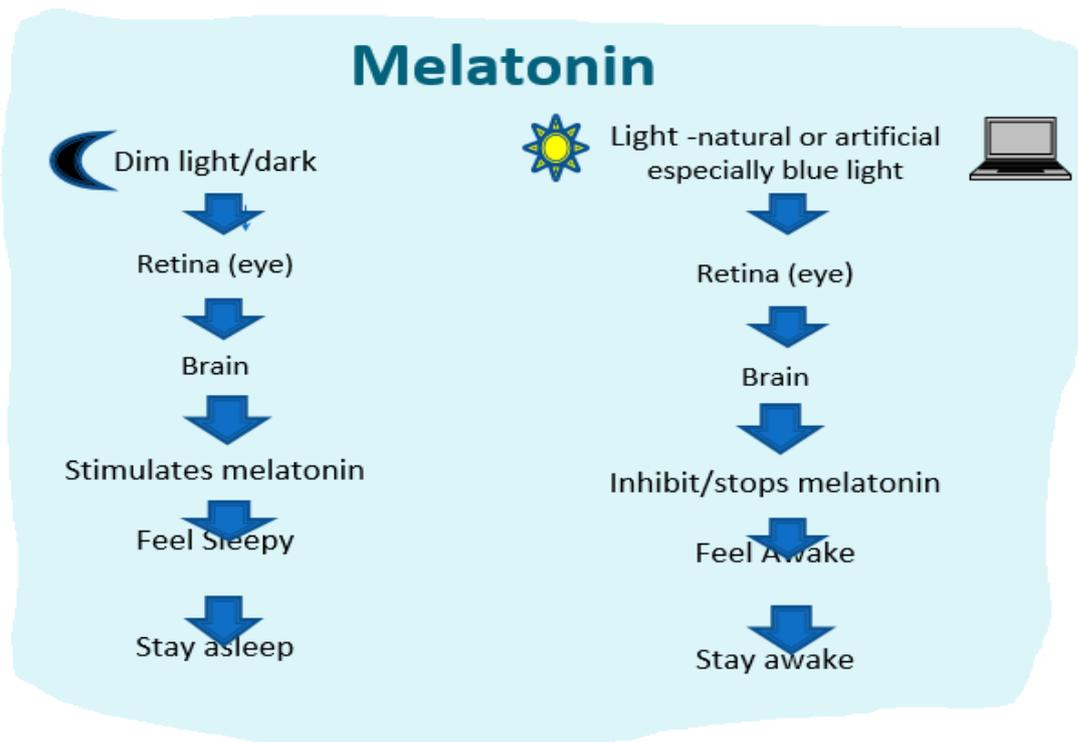
In addition to time spent sleeping and getting ready for bed, it can be helpful to incorporate steady routines to provide time cues throughout the day, including:

- Showering and getting dressed even if you aren't leaving the house.
- Eating meals at the same time each day.
- Blocking off specific time periods for work and exercise.

## **Pre-Bedtime Routine**

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

Part of the bedtime routine is to look at how much screen time is being used in the lead up to sleep as the light from the screen interferes with the Melatonin that is released and will affect the sleep pattern.



Most importantly it is about finding the new normal for your family during this pandemic and remembering that a tough day could be helped with a good sleep routine being maintained.

If you feel you may need any extra support please take a look at some helpful websites:

Sleepfoundation.org

BBC.co.uk

Dreams.co.uk

NHS.uk

Parentingspecialchildren.co.uk

Or please email:

[Laura.elliott@southcote.reading.sch.uk](mailto:Laura.elliott@southcote.reading.sch.uk)