

## Research shows that

sleep plays a vital role in positive mental health and influences moods, it impacts memory and how we manage information and contributes positive to an effective immune system.

Research also shows that there is a link between poor sleep and health problems, e.g. obesity, diabetes, high blood pressure, depression.

For young people it is especially important - when they sleep the body produces the hormones they need to help them grow, boosts the immune system, and helps prevent obesity. A lack of sleep is linked with anger, anxiety and sadness.

## The Sleep Programme



### PROMOTING POSITIVE SLEEP HABITS WITH YOUNG PEOPLE

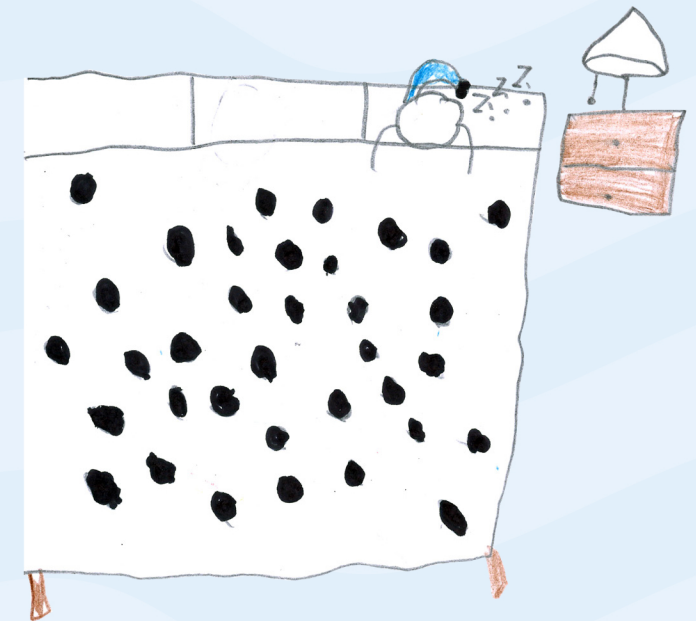


## The Importance of Sleep

### TIPS FOR PARENTS

#### Why is good sleep essential?

Sleep is as essential to good health as diet and exercise and as necessary for survival as food and water.



FOR MORE INFORMATION ON WHAT HAPPENS WHEN WE SLEEP (SLEEP ARCHITECTURE)



The Sleep Programme is available for download from <https://crosscareyouthinfo.ie/the-sleep-programme/>



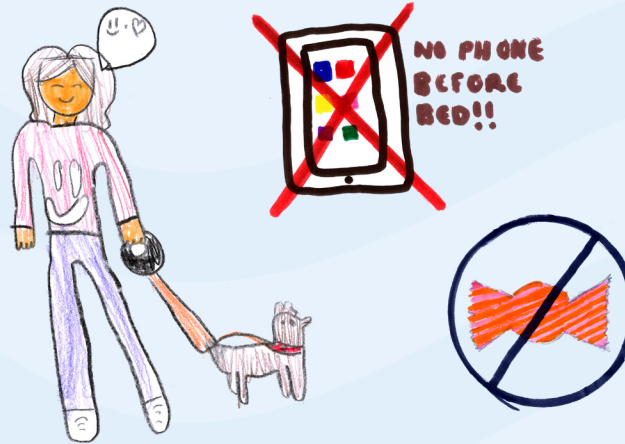
FOR MORE INFORMATION ON WHAT TO DO TO IMPROVE YOUR CHILD'S SLEEP (SLEEP HYGIENE)



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## CONSEQUENCES OF LACK OF SLEEP FOR CHILDREN

- Concentration difficulties
- Mentally 'drifting off' in class
- Shortened attention span
- Memory impairment
- Reduced academic performance
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk taking behaviour
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced sporting performance
- Increased number of 'sick days' from school because of tiredness
- Truancy/mitching – increase in school refusing behaviour



### TIPS FOR PARENTS

#### - HELPING YOUR CHILDREN GET BETTER SLEEP

Create a **sleep schedule** – if your child has to be up by 8am they should be asleep by 11pm at the latest\*

Create a **bedtime routine** – if your child needs to be asleep by 11pm they should start preparing for sleep at 10pm e.g. showering, teeth brushing, changing into pyjamas

**Use of screens** such as phones, TVs, gaming devices need to be avoided where possible for two hours before sleep and should be turned off so there are not text alerts during the night

If stress and worrying thoughts are causing sleepless nights encourage your child to try **stress management activities** such as meditation or writing down the thoughts before going to bed - link to meditations suitable for use)

No caffeine, alcohol, smoking or eating of sugary food for **at least two hours before sleep**

Make sure the **room is as dark** as possible and make sure it's not too warm

Suggested downloads: 'Shhh...Sleep in Seconds' app – plays binaural beats, a frequency that lulls you to sleep; Sleep with Me podcast – stories told in a voice that puts you to sleep

**Exercise** during the day is important, however don't exercise too close to sleep time as it increased adrenaline, making it difficult to sleep.

If none of these tips work, **contact your local GP**

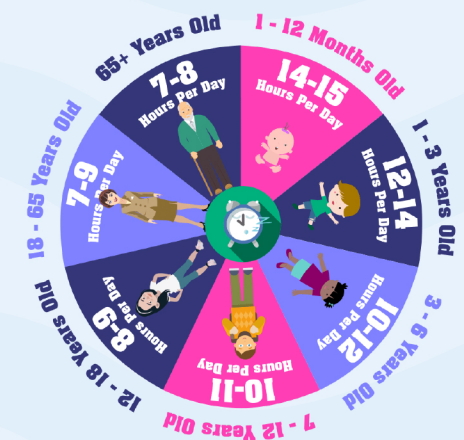


Image taken from <https://thesleepcharity.org.uk/how-much-sleep-does-my-child-need/>



Drawings courtesy of participants of Foroige WAY Project