Safeguarding Snapshot – 15.03.24

The importance of sleep and creating good habits

There is a close connection between the amount of sleep we get and our ability to function productively throughout the day. Lack of sleep or difficulties in sleeping can have a negative impact on our mental health.This is the same with children.

There are many reasons our young people may have trouble sleeping; these could be from using devices late at night, taking medication, experiencing periods of anxiety, exam stress, friendship issues or a change in their daily routine.

Lots of people struggle with sleep problems, but there are things you can do to help improve sleep and reduce restless nights.

Young Mind suggests the following tips to help make simple changes to improve sleep.

- Try to establish routine
- Try relaxing without your phone
- Make your sleeping area warm and comfortable
- Change your screen settings

Attached [here] you will also find The National Colleges top tips for parents to help their children develop healthy sleep patterns.

If your child is having difficulty with their sleep and it's affecting them at school please contact your child's Year Leader by emailing them via office@vynersschool.org.uk.

Additional information

Fall asleep faster and sleep better - Every Mind Matters - NHS

5 Ideas for Better Sleep (for Teens) | Nemours KidsHealth

Sleep Problems | Mental Health Support | YoungMinds

Sleeping difficulty for adolescents - Harrogate and District NHS Foundation Trust

Persistent sleep problems in children and teenagers