

PINS Update 4: Lets talk about Sleep!

Why is sleep important?

- Affects how we feel, behave, cope and learn
- Impacts our health

Common Sleep Difficulties:

- Finding it difficult to go to sleep
- Waking frequently in the night and not being able to go back to sleep independently

Ideas on what to do to help sleeping problems:

1. Keep a sleep diary

This will help to work out what is happening and if there are any patterns to your child's sleep.

2. Work on a bedtime routine

- Have a consistent bedtime routine- the last hour should be 30 minutes calming and then 30 minutes preparing for and getting into bed
- Think about your child's room (temperature, bedding, lighting)
- Try to avoid any screens in the hour before bedtime

3. Watch the video

- Scan the QR code for a 20 minute webinar to help understand more about sleep and how to support your child with their sleep



- 4. **Help your child learn more about sleep:** This six-minute video helps explain why sleep is so important:



Sleep Diary

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Time going to bed:							
Bedtime Events: (Who is there? What is said/done? Child's emotions etc).							
Times woken during the night:							
How were they settled during the night?							
Time awake in the morning:							

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This update was brought to you by the PINS project. There are two partners responsible for delivering the different elements of PINS support in your school. The B&NES Parent Carer Forum (BPCF) is responsible for delivering support on Neurodiversity and guidance on navigating the local SEND offers for Parent Carers, including building stronger relationships with school staff. HCRG Care Group is responsible for delivering a menu of training to staff in your school. HCRG Care Group will aim to keep parent carers informed of support they are delivering to staff in your school, but all other information for parent carers should come through the BPCF as your PINS partner.

PINS PARENT STORIES



At home:
Try and keep the bedtime routine to less than half an hour and always at the same time every evening



Out & about:
Try and get outside and do some exercise everyday- even just for 10 minutes- but avoid doing this just before bedtime!

