



SLEEP TIGHT | Programme Materials | WORKSHOP HANDOUTS

Supporting children, young people and their families to get a good night's sleep





WELCOME

As Founder of The Sleep Charity I am delighted to welcome you to the Sleep Tight Resource Pack. This training fills a huge gap in addressing sleep issues for children and their families.

It is highly important that only trained members of staff deliver this workshop. Parents deserve access to accurate and consistent sleep advice and support, the training programme that accompanies this course ensures that staff are suitably skilled.

Sleep is vitally important to support children's development and their wellbeing. Sleep deprivation affects behaviour, learning, health, mood and the whole family's functioning.

Our approach to sleep uses specific behavioural and cognitive techniques to help parents to adapt night time behaviour. Parents should seek advice from a medical practitioner around their child's sleep issues prior to beginning the programme.

I hope that you enjoy delivering the workshop as much as we have enjoyed writing it.

Vicki Dawson

Vicki Dawson
CEO of The Sleep Charity

PRE-WORKSHOP EVALUATION

Please circle the words that describe how you feel about your child's sleep:

Depressed

Angry

Confident

Isolated

Positive

Lonely

Supported

Optimistic

What support have you received to date to help you with your child's sleep issues?

On a scale of 1 to 10 with 1 being the least and 10 being the most, how knowledgeable do you feel about sleep management? Please circle:

1

2

3

4

5

6

7

8

9

10

(Least Knowledge)

(Most Knowledge)

THE IMPORTANCE OF SLEEP

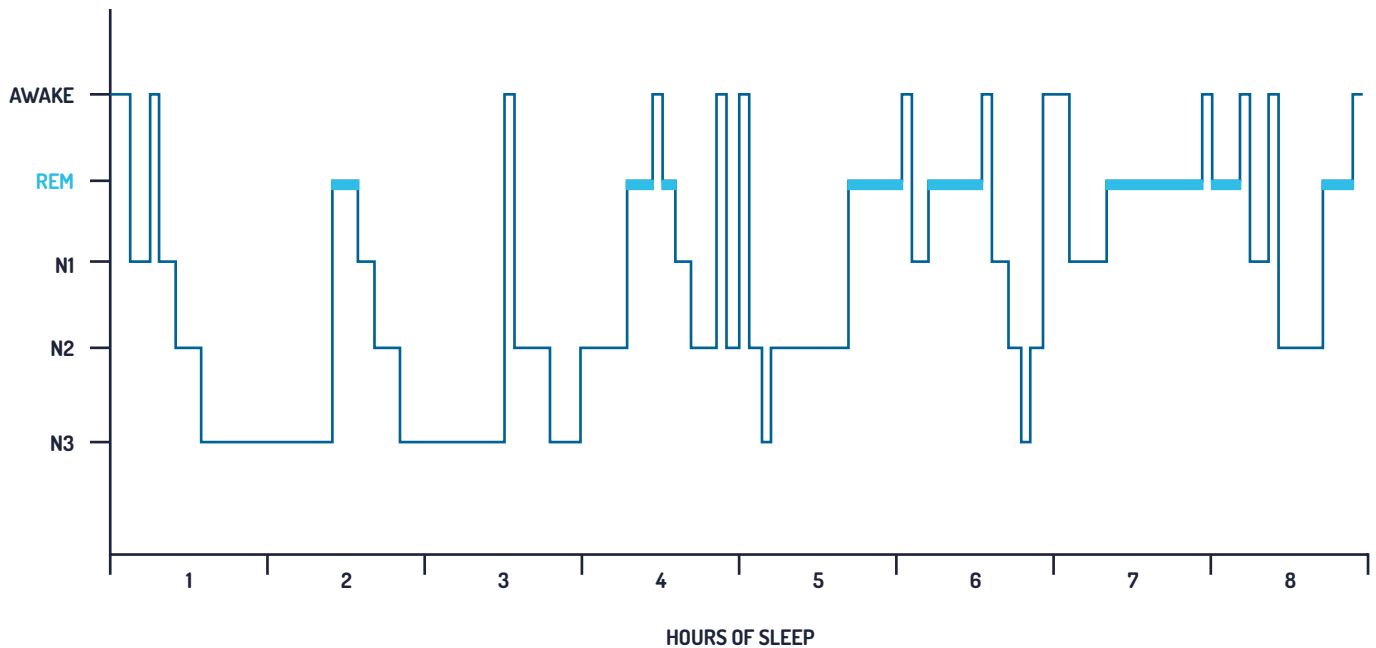
Sleep is vital to our mental, physical and emotional wellbeing.

Getting a good night's sleep will help your child to meet their full potential supporting their:

- **Learning**
- **Growth**
- **Weight**
- **Immune system**
- **Mental health**
- **Appearance**
- **Daytime behaviour**
- **Relationships**
- **Emotional regulation**

Improving your child's sleep will help to improve your own sleep too!

THE SLEEP CYCLE



- We sleep in cycles
- Your child is most likely to wake between cycles
- It takes about 10 minutes for children to fall into a deeper sleep
- There are 2 types of sleep REM and non-REM sleep
- REM sleep is when we have most of our dreams. Younger children spend a lot more time in this stage than adults.
- Non-REM sleep is made up of 3 stages. Stage 3 is deep sleep and is when tissue repair happens and hormones are released for weight and growth.

DAYTIME NAPS

Naps in the daytime are important for younger children. Remember the following tips:

- Naps can help children sleep better at night.
- Try to get your child to nap in their cot or bed.
- Do not try to stop youngsters napping in the day time, a sleep deprived child will be over tired and may take longer to settle at night.
- Log your child's naps on the sleep diary so that you can work out how long they are napping each day.
- Space the times out between your child's naps so that they get the full benefit from them.
- The daytime sleep cycle is around 45 minutes so to get the full benefit of a nap your child should be encouraged to sleep for at least one sleep cycle.

SLEEPY FOODS

Some foods may help your child to sleep better though more research needs to be carried out in this area:

- Almonds contain magnesium which may aid muscle relaxation.
- Bananas are a source of magnesium and potassium, which help to relax muscles. Try blending a banana with one cup of milk or soya milk to make a bedtime smoothie.
- Dairy products make great sleepy foods. Yoghurt, milk and cheese also contain tryptophan, a sleep inducing amino acid.
- Porridge is easy to prepare, inexpensive and keeps tummies full overnight. It's rich in calcium, magnesium, phosphorus, silicon and potassium.
- Cherries have been found to naturally boost the body's supply of melatonin in a small research project. Cherry juice can be found in most health stores but can be quite expensive.
- Cereal can be helpful as long as you avoid sugar loaded cereals.
- Avoid anything containing caffeine e.g. chocolate, coffee, tea.
- Sugar filled foods are not helpful either, so biscuits, sweets, cakes should be limited in the run up to bedtime.
- Fizzy drinks and cordials can aggravate the bladder causing wetting during the night.

CHILD'S NAME

CHILD'S AGE

START DATE:	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Time they woke up in the morning							
Any naps during the day? Please note time and duration							
Time bedtime routine started							
Time the child was in bed							
Did you stay or did they self settle?							
What time did they go to sleep at?							
Times they woke up in the night/how long were they awake/where did they go back to sleep? Your bed/their bed etc							
Total number of hours sleep							

SLEEP DIARY TIPS

Here are some handy hints and tips for keeping your sleep diaries:

- Keep the diary by your bed – this way you are more likely to fill it in at the time and get the details accurate.
- It doesn't matter what day you start the diary on, simply fill in day 1 and move through the week to day 7.
- Please remember to enter your child's name so we know who the diary belongs to!
- Where it says date, please put the date when you begin the diary.
- If the diary isn't large enough make additional notes on a separate sheet and bring it to next week's training session.
- Please be honest when filling in the diary.
- If you don't understand something, please ask.
- If completing the diary feels too overwhelming at the moment let us know, please still attend next week's session even if you haven't completed the diary.

AVERAGE SLEEP NEEDS

Developed by Lyn Quine
and published in 'Solving
Children's Sleep Problems.'

AGE	AVERAGE NUMBER OF HOURS NEEDED	
	DAYTIME	NIGHT-TIME
1 WEEK	8	8½
4 WEEKS	6¾	8¾
3 MONTHS	5	10
6 MONTHS	4	10
9 MONTHS	2¾	11¼
12 MONTHS	2½	11½
2 YEARS	1¼	11¾
3 YEARS	1	11
4 YEARS	-	11½
5 YEARS	-	11
6 YEARS	-	10¾
7 YEARS	-	10½
8 YEARS	-	10¼
9 YEARS	-	10
10 YEARS	-	9¾
11 YEARS	-	9½
12 YEARS	-	9½
13 YEARS	-	9¼
14 YEARS	-	9
15 YEARS	-	8¾
16 YEARS	-	8½

SLEEP DIARY



CHILD'S NAME

Jack Smith

CHILD'S AGE

3.5 years

START DATE: 08 March

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Time they woke up in the morning	7:00am	8:30am	7:00am	8:00am	9:00am	9:45am	10:00am
Any naps during the day? Please note time and duration	20 mins 9am-9:20am 2 hours 3pm to 5pm	1 hour 9am - 10am 2 hours 4pm to 6pm	2 hours 9am to 11am 1.5 hours 3pm to 5pm	20 mins 9am-9:20am 2 hours 3pm to 5pm	1 hour 9am to 10am 2 hours 4pm to 6pm	1 hour 11am - noon 2 hours 4:30 to 6:30pm	2 hours 4pm to 6pm
Time bedtime routine started	7:00pm	8:30pm	7:30pm	8:00pm	9:00pm	9:45pm	10:00pm
Time the child was in bed	10:00pm	11:00pm	10:30pm	9:00pm	10:00pm	10:00pm	10:30pm
Did you stay or did they self settle?	Stayed	Stayed	Stayed	Put TV on but had to go back	Stayed	Put TV on but had to go back	Stayed
What time did they go to sleep at?	11:00pm	Midnight	11:30pm	10:00pm	10:30pm	10:45pm	11:00pm
Times they woke up in the night/how long were they awake/where did they go back to sleep? Your bed/their bed etc	1:30am Up for an hour came in my bed	2:30am Came in my bed went to sleep	Woke at 2pm came in my bed	Woke at 12:30pm came in my bed	Woke at midnight came in my bed	Woke at 1am, sat with him Woke again at 3:30 came in my bed	Woke at 12:30am came in my bed
Total number of hours sleep	9hrs 20 mins	11hrs 30 mins	11hrs	12hrs 20 mins	13hrs	14hrs	13hrs

CHECKLIST FOR A GOOD NIGHT'S SLEEP

Is your child:

Hungry	Yes	No	Unsure
Thirsty	Yes	No	Unsure
Ill	Yes	No	Unsure
In pain	Yes	No	Unsure
Teething	Yes	No	Unsure
Growing	Yes	No	Unsure
Wet or Soiled	Yes	No	Unsure
Not tired	Yes	No	Unsure
Self settling	Yes	No	Unsure

Is the bedroom:

The right temperature	Yes	No	Unsure
Comfortable	Yes	No	Unsure
Dark enough	Yes	No	Unsure
Quiet	Yes	No	Unsure
Calming	Yes	No	Unsure
Free from distractions	Yes	No	Unsure

TIPS FOR SELF-SETTLING

Your child needs to learn to settle themselves to sleep so that they do not come to full waking after each sleep cycle ends. You can help to teach them to self-settle by:

- Putting them in their cot or bed when they are still awake and leaving them to fall asleep.
- Leaving the room after you have said goodnight.
- Withdrawing eye contact once you have said goodnight.
- Using a set phrase such as “it is night time, go to sleep” in response to any requests you get to stay or attempts they make to interact with you.
- Sticking to a good bed time routine.
- Avoiding stimulating activities before bedtime such as watching television or playing computer games.
- Gradually withdrawing from their room if you have got into the habit of staying until they are asleep. Sit a metre away from the bed for 3 consecutive nights and then move a little further away for another 3 nights until eventually you are outside their room.

HOW TO DEAL WITH NIGHT WAKENINGS

Decide what time is acceptable for starting the day. If this is 6.30 am then if your child wakes before that time you should treat it as a night waking.

- Take your child back to bed if they get out of bed leading them by the hand if possible.
- Don't give them eye contact or get engaged in conversation with them.
- Keep the lights dim.
- Use a set phrase of "It is night time, go to sleep".
- If they are waking for night feeds see your Health Visitor for advice.
- If you think that your child is waking because they are ill or uncomfortable seek medical advice immediately.

DEVELOPING A GOOD ROUTINE

- Decide who will carry out the routine, or will you take turns if you have a partner?
- What time do you want your child in bed for? Decide this first and then plan the routine from here.
- Where will you put the routine in your house? It should be somewhere where it is accessible for all to see e.g. the fridge door.
- Who will need to know about the routine and follow it? E.g. babysitters, grandparents, non-resident parent. If other people put your child to bed it is essential that they follow the same routine.
- What time is it acceptable to start the day? Anything before this agreed time should be treated as a night waking and not the start of the day.
- Does your child find bath time relaxing? If it is a trauma you may wish to bathe them in a morning.
- Bath time should be carried out 30 minutes before you want your child to sleep. The fall in body temperature following a bath helps them to fall asleep.
- Plan quiet time in the hour before your child goes to bed. Activities may include music, stories, massage etc.
- Hand eye coordination activities help to promote sleep such as jigsaws, threading and colouring in.
- Once your child has gone to their room they should not go back to the living room.
- No television or computer games should be used in the hour before bedtime.
- Avoid giving your child blackcurrant drinks, chocolate, cola or coffee in the evening.
- Keep hugs and kisses and stories the same length each night.

NIGHT AND DAY TIPS

The concept of time can be very confusing for young children. Here are some tips to help them to develop an awareness of night and day.

- Put them to bed at the same time each day.
- Get them up at the same time each morning – even on weekends.
- Tell them, “it is night time, go to sleep” or “it is morning, time to wake up”.
- Change their clothes at night time and make sure that you change them into day clothes in the morning, even if you have nothing planned and a pyjama day would be easier.
- Use music to indicate the time of day, soothing music should be played at night time, classical music is ideal. A livelier piece can be chosen for the morning time. Use the same piece of music each day so that they learn to associate it with the time of day.
- Make the room dark at night time and in the morning open the curtains so that it looks different.
- Use aromatherapy oils, there are special ones made for children. Use a relaxing oil such as lavender at night and a contrasting oil to represent the morning such as grapefruit. Only use aromatherapy oils after seeking advice from a professional and never apply them directly to your child's skin!
- Specialist alarm clocks can be bought for older children to show them what time it is through the use of pictures or visual clues or use a lamp on a timer switch and teach them that when the lamp is off it is ‘sleep time’.

WORKSHOP EVALUATION

Please circle the words that describe how you feel about your child's sleep:

Depressed

Angry

Confident

Isolated

Positive

Lonely

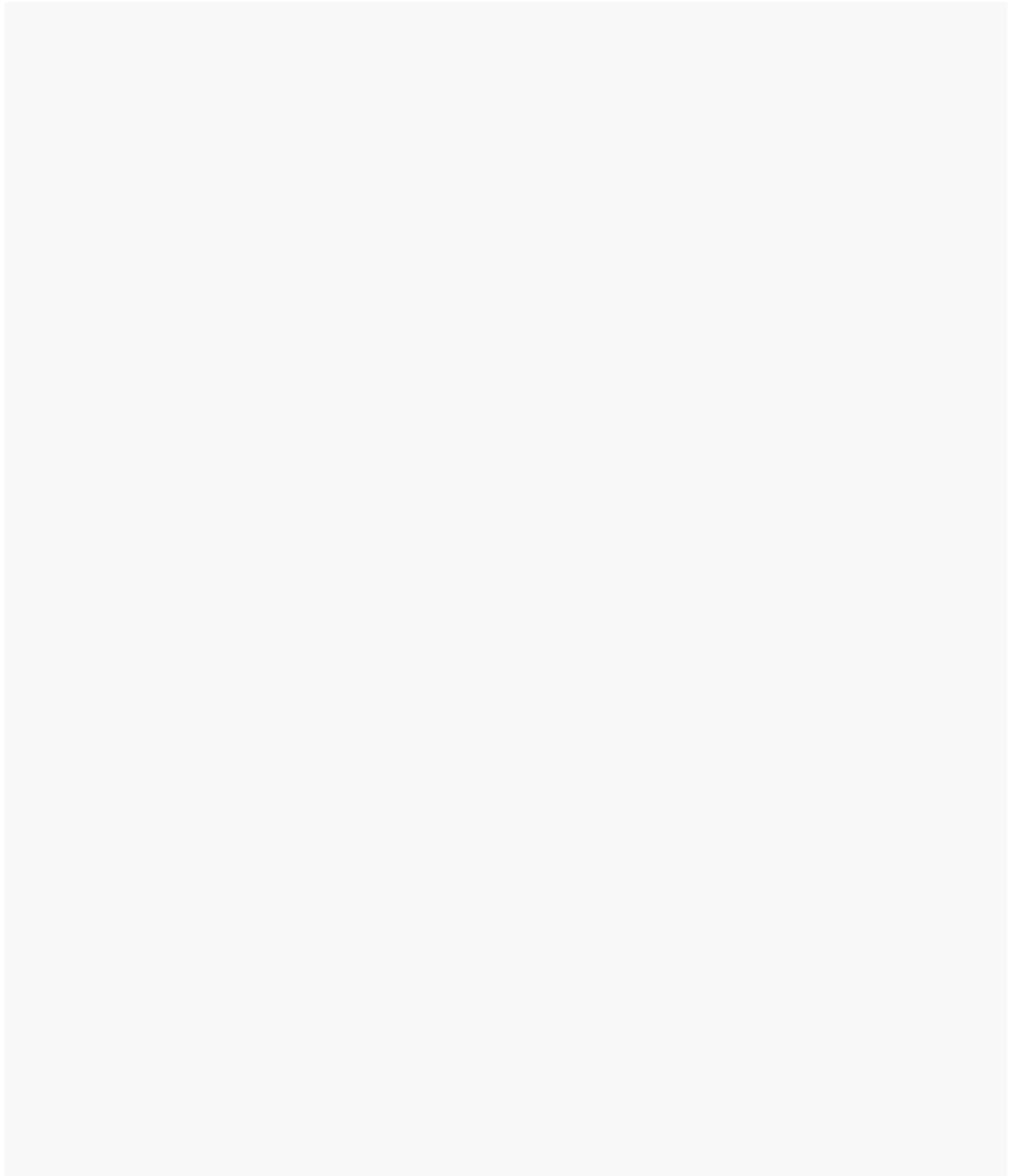
Supported

Optimistic

What part of the training was most useful?

What part of the training was least useful?

Any other comments?



On a scale of 1 to 10 with 1 being the least and 10 being the most, how knowledgeable do you feel about sleep management? Please circle:

1

2

3

4

5

6

7

8

9

10

(Least Knowledge)

(Most Knowledge)





YOU HAVE SUCCESSFULLY COMPLETED

The Sleep Tight Training Programme

CONGRATULATIONS FROM

Vicki Dawson

ON BEHALF OF



Date:

Acknowledgements

We owe our thanks to a number of people in producing this resource. We would firstly like to thank Awards For All for providing us with the funding to pilot the programme. Without the funding the work could not have been carried out.

We would also like to thank Prof Heather Elphick from Sheffield Children's Hospital's sleep clinic. Prof Elphick gives her time freely to ensure that our materials are accurate and promote best practice around sleep.

Without our volunteers The Sleep Charity would be unable to operate. We have a team who work behind the scenes giving their time because they recognise the impact of sleep deprivation on families.

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