



Mental Health and Well-Being Support with Mr Doyle - Issue 2

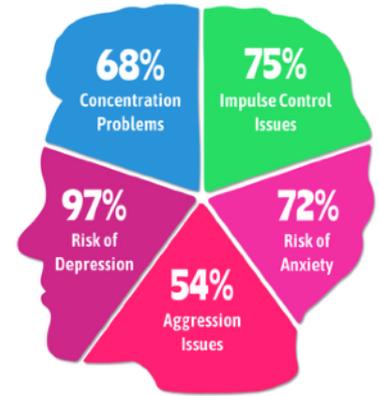
Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!

This week our Mental Health and Well-Being focus is on Sleep!

As the situation we find ourselves in continues, certain aspects of our lives will be effected - the quality of our sleep is one of the those things! At Florence Melly Community Primary School, the [NHS five steps to Well-Being](#) is at the heart of our Mental Health and Wellbeing strategy and the need to look after yourself in particular! We firmly believe that it all starts with the quality of sleep you get.



Its Official - 58% Of Children
Are Not Getting Enough Sleep
These children are at a greater risk of experiencing mental health issues. Even mild sleep deprivation can result in the following increases:



Check out these resources, designed to support mainly staff and parents (whom can adapt them to support their children). They explain the importance of good sleep, problems we may face during this challenging time and some strategies to help get better sleep.

NHS Trouble Sleeping Website

If you're having sleep problems, there are simple steps you can take to ease those restless nights. Find out how to get to sleep and how to sleep better.

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

The Sleep Foundation

The Sleep Foundation website contains a whole host of brilliant strategies to help improve the quality of sleep you get and links to some brilliant sleep articles. We particularly like their 'Guidelines to Sleeping Well'

<https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

The Loop

Check out the first video which has excellent tips on "how to fix your sleep routine while in self-isolation".

<https://www.theloop.ca/how-to-fix-your-sleep-routine-while-in-self-isolation/>

Sleep Tips for Children

<https://raisingchildren.net.au/school-age/sleep>

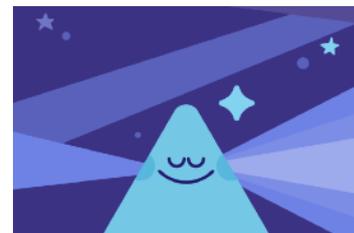
Headspace App - Meditation for Sleep

<https://www.headspace.com/meditation/sleep>

Top tips to get to sleep and sleep better

- Keep regular sleep hours**
Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.
- Confront sleeplessness**
If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.
- Create a restful environment**
Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.
[Tips for sleeping better video](#)
- Write down your worries**
If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.
[Tackle your worries video](#)
- Move more, sleep better**
Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.
- Put down the pick-me-ups**
Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.

SleepFoundation.org



HEADSPACE®