

An introduction to sleep hygiene for parents

by The Mental Health Support Team



Introduction




Hello and welcome - practitioner introduction and role.

Opportunity to ask questions before we begin.




Agenda for today



This session
will last
around 60
minutes.

- Why do we sleep and what happens when we sleep.
- What does a sleep problem look like.
- The vicious cycle of insomnia.
- What you can do to break the cycle.



There will be
opportunities to ask
questions and
participate as much as
possible!

Why we need sleep and what happens when we sleep?

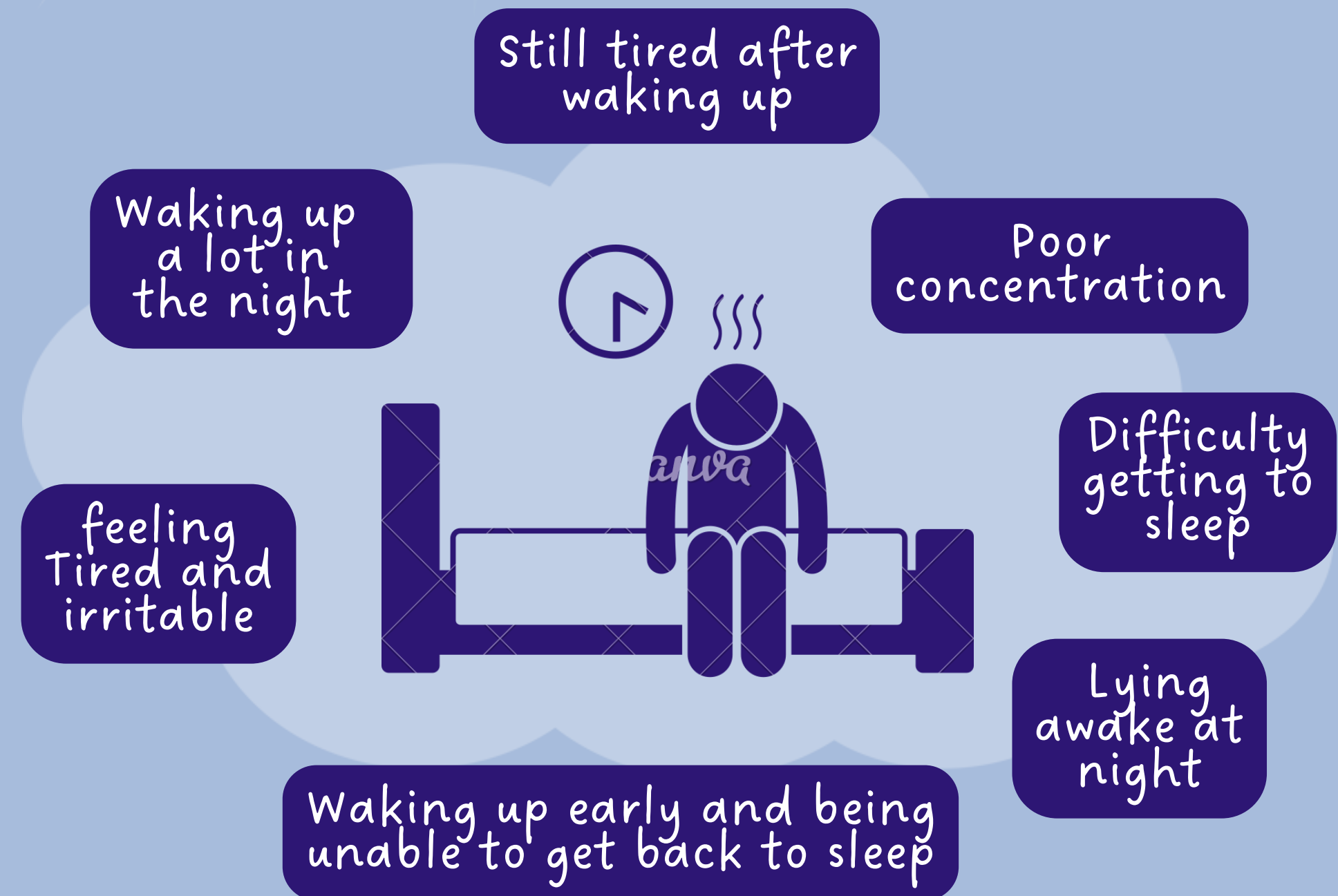
- Repairing and turning over new cells.
- Muscles rest and repair.
- Make sense of the day.
- Turn information into memories.
- Strengthen your immune system.





What does insomnia (poor sleep) look like?

- Insomnia does happen from time to time, and it can pass quickly
- It's a problems when:
 - 3+ nights a week
 - Longer then 3 months





What can cause sleep difficulties?

Feeling stressed or worried.

Lifestyle factors – such as jet lag, shift work, or drinking alcohol or caffeine before going to bed.

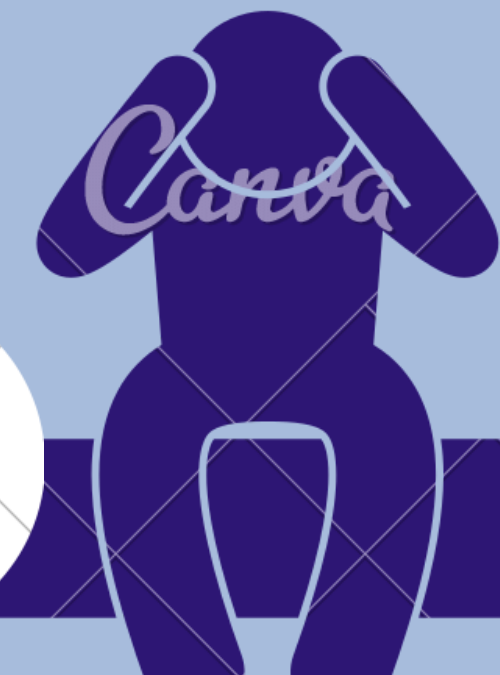
Mental health conditions – such as anxiety or low mood.

A poor sleeping environment – such as an uncomfortable bed or a bedroom that's too light, noisy, hot or cold.



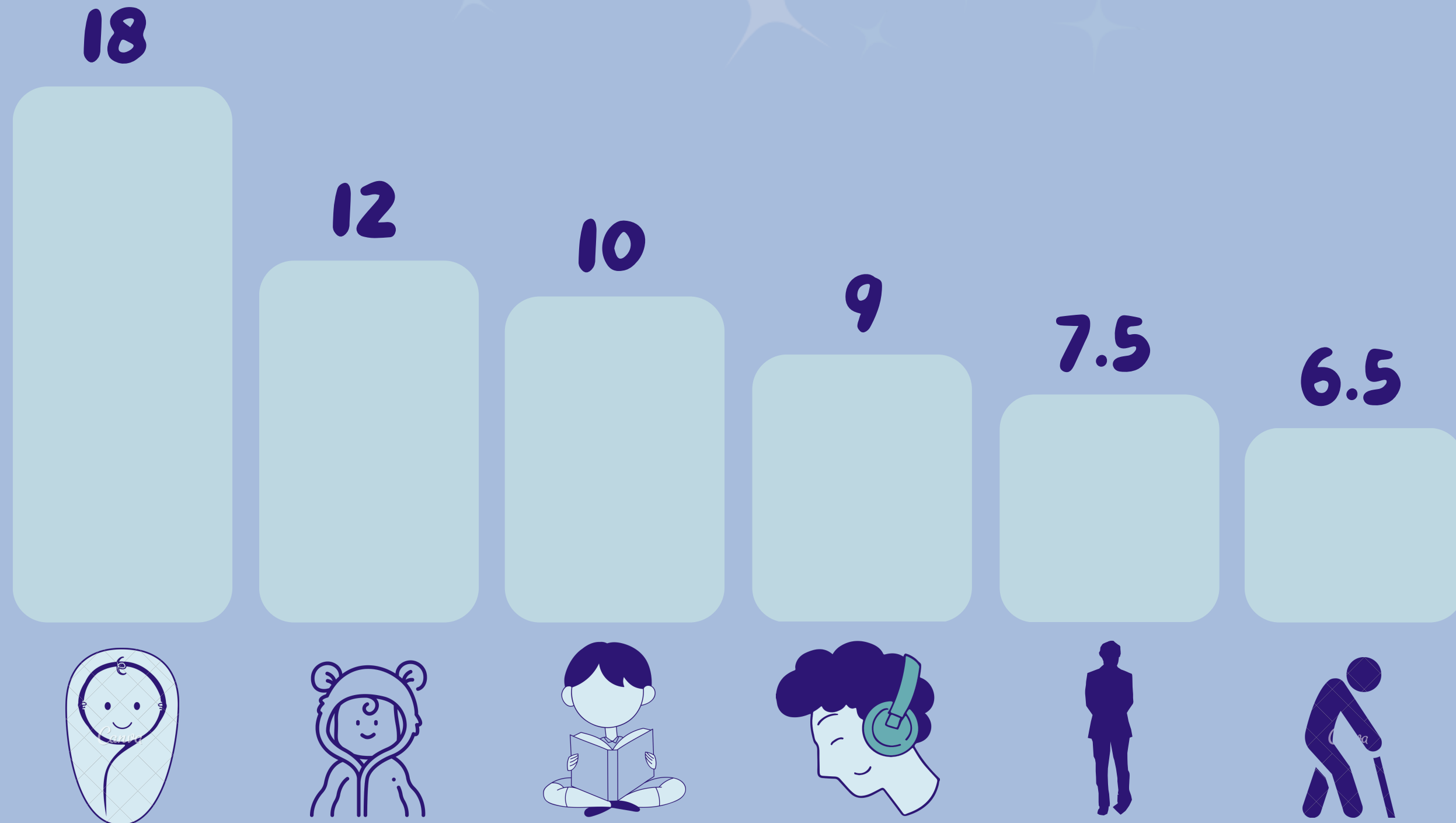
Physical health conditions – such as heart problems, other sleep disorders and long-term pain.

Certain medicines – such as some antidepressants, epilepsy medicines and steroid medication.





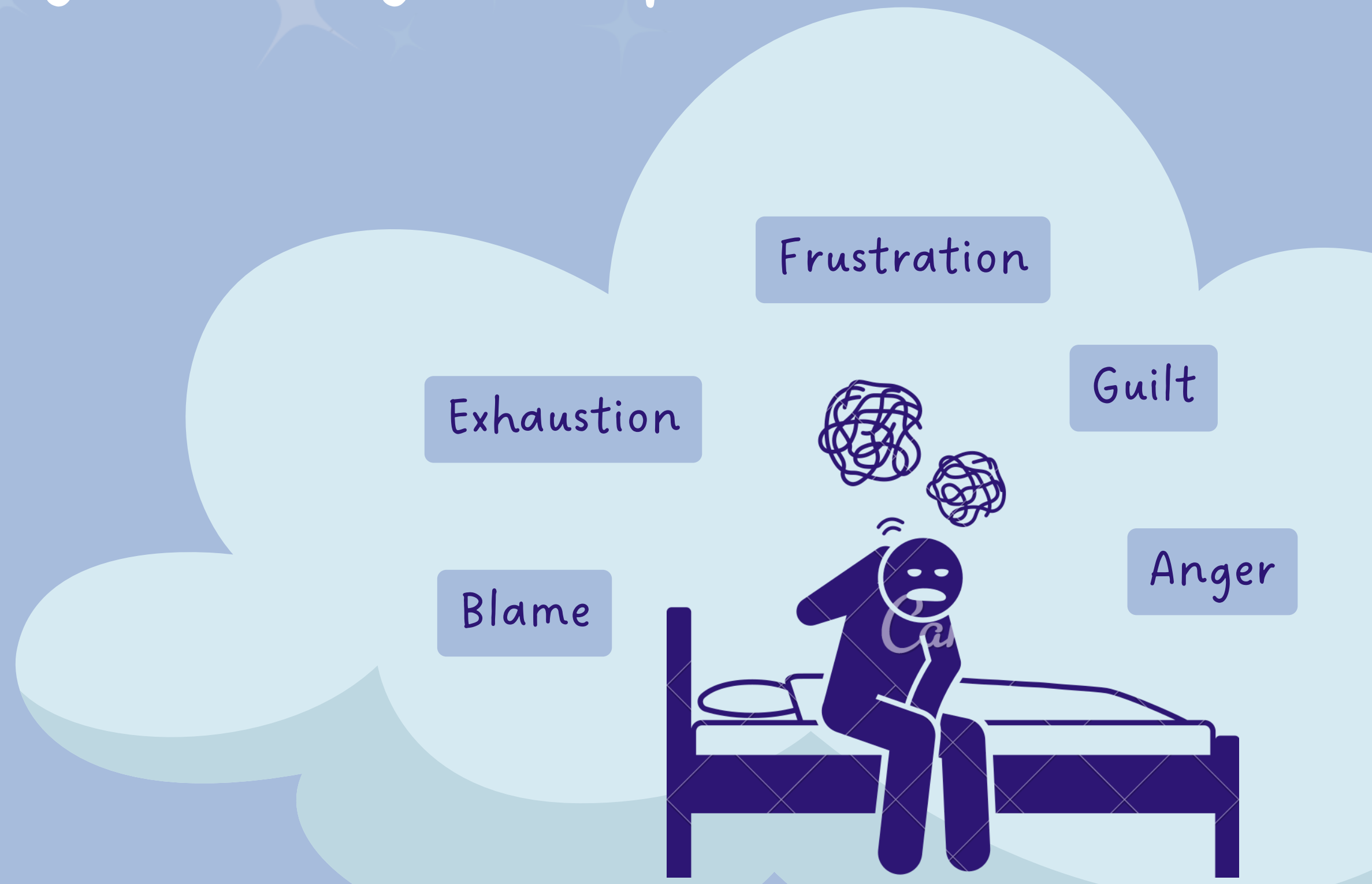
How much sleep do we need?

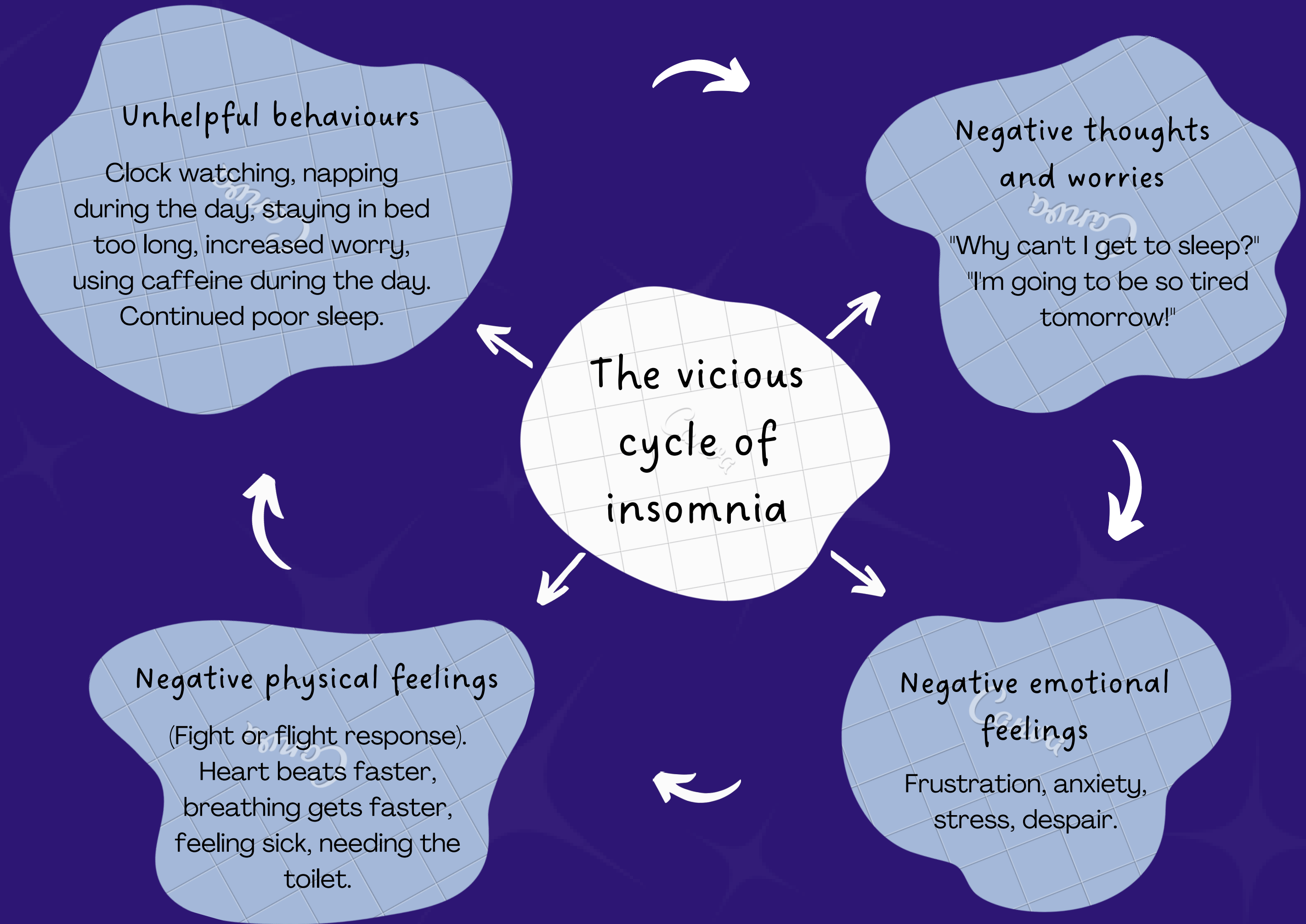




What happens when we don't get enough sleep?

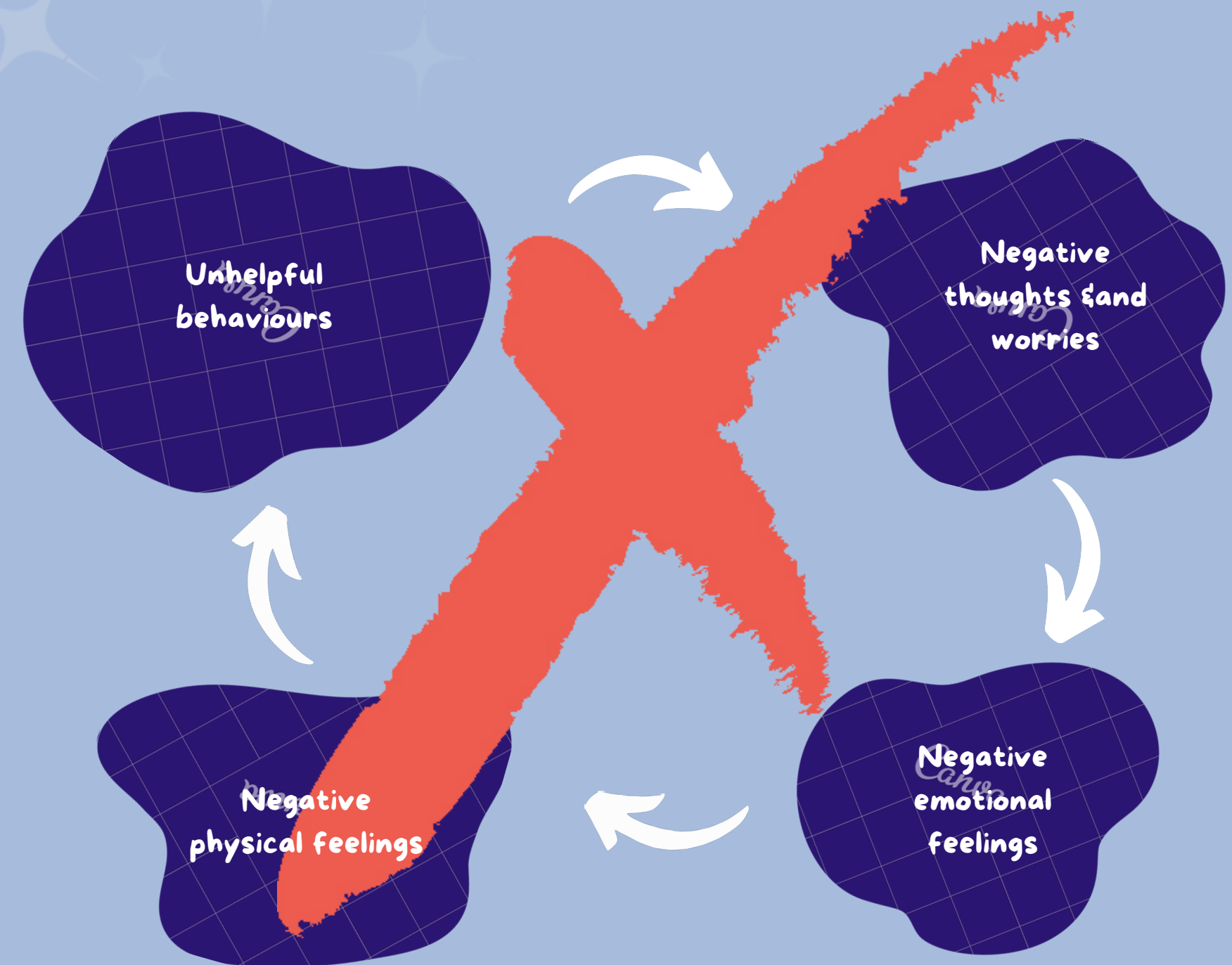
- Feeling low in mood.
- Ability to learn and function is reduced.
- Hyperactivity or drowsiness.
- Poor immune system.





What you can do to break the cycle?

1. Sleep Restriction.
2. Sleep Hygiene.
3. Managing your negative thoughts and worries.
4. Relaxation strategies.



Sleep Diary

	I went to bed last night at:	I got up this morning at:	I actually slept for:
Monday	_____	_____	_____
Thoughts that kept me awake: _____ _____			
Tuesday	_____	_____	_____
Thoughts that kept me awake: _____ _____			
Wednesday	_____	_____	_____
Thoughts that kept me awake: _____ _____			
Thursday	_____	_____	_____
Thoughts that kept me awake: _____ _____			
Friday	_____	_____	_____
Thoughts that kept me awake: _____ _____			
Saturday	_____	_____	_____
Thoughts that kept me awake: _____ _____			
Sunday	_____	_____	_____
Thoughts that kept me awake: _____ _____			

Sleep... restriction?

- Creates a sleep deficiency to promote onset of sleep.
- Reset your sleeping pattern.
- Aims to increase sleep efficiency:
 - Asleep in bed = efficient.
 - Awake in bed = inefficient.

How to get started...

- Keep a sleep diary for at least a week before starting sleep restriction.
- Get a clear picture of what your normal sleep looks like.
- Carry on with your sleep diary for as long as you need.

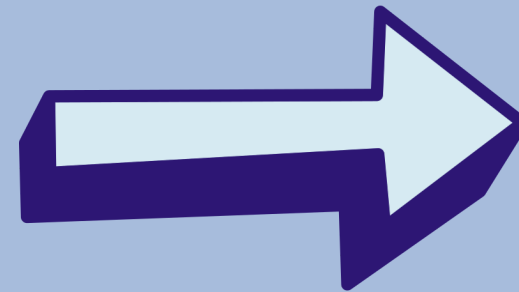
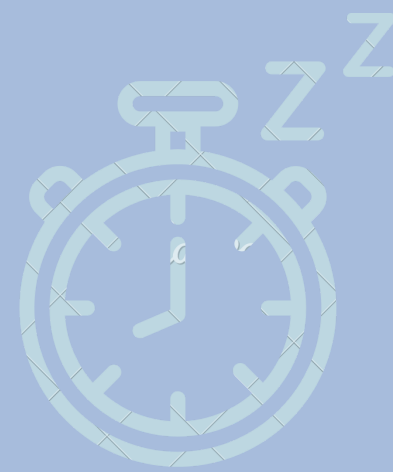
Calculate your average sleep time (ATST)

ATST:

This is the average number of hours slept per night.

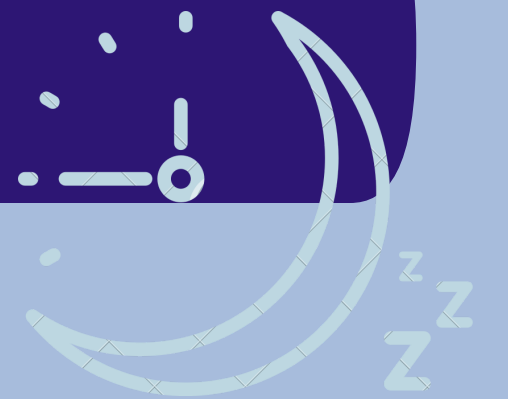
For example:

- Sleep diary for one week.
- Slept for 63 hours that week.
- $63 \text{ hours} \div 7 \text{ days}$
= 9 hours per day.
- ATST = 9 hours.



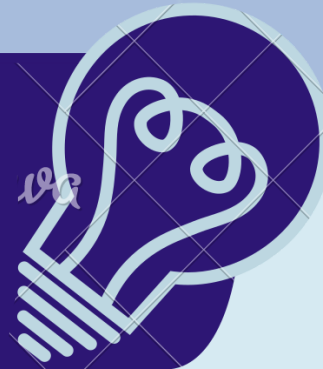
Set your sleep time:

- Decide what time you want (or have) to get up.
- Go to bed "ATST" hours before then.
- For example: I have to get up at 7am and my ATST is 9 hours. This means I want to be asleep for 10pm.



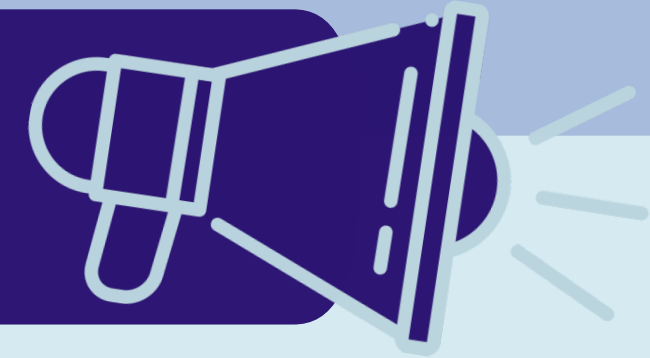
Sleep restriction top tips

TOP TIPS!



- Do not go to bed before your set sleep time.
- Do not stay in bed after your set get up time.
- Stick to your sleep schedule 7 days a week.
- Do not nap during the day.

HEADS UP!



- You will be tired in the beginning!
- Give careful thought to when you start sleep restriction.
- Plan something to get up for in the morning.
- Involved with any potentially risky sports or hobbies? Don't attend if you are tired!

What is sleep hygiene?

Sleep hygiene: The conditions and factors that affect your sleeping pattern.

Lifestyle

Sleep environment

Readiness for sleep

Sleep hygiene - lifestyle

- Caffeine - avoid where possible.
- Eat a healthy diet.
- Drink an oaty or milky drink about an hour before bedtime.
- Exercise regularly but not right before bed)
- Get plenty of daylight during the day (remember circadian rhythms?)



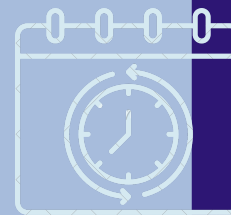
Sleep hygiene - environment

- Darkness = melatonin production (melatonin makes you feel sleepy).
- Temperature - about 18°C is perfect.
- Too much noise isn't good.
- Tidy away the things that remind you of school and daytime activities.



Sleep hygiene - routine

- Complete chores & homework earlier in the evening.
- Wind down & relax for 90 minutes before sleep.
- Listen to music, read a book, have a shower.
- Avoid gaming, TV & social media for an hour before sleep.
- Right before sleep do your pre-sleep routine - clean teeth, wash face etc.



Negative thoughts about sleep

- Lots of negative thoughts, expectations and beliefs about sleep help to keep the cycle of insomnia going.
- Poor sleepers often think all tiredness is due to poor sleep & ignore other factors.
- Accurate information about sleep is helpful.
- Thoughts are not facts.





TRUE

OR

FALSE

?

How much sleep we need varies on age and brain development?

Napping during the day helps us to make up for lost sleep?

Sleep allows us to repair and turn over new cells?

If we sleep for longer than we need, we'll be extra refreshed?

Insomnia can be defines as having sleep trouble 3+ nights a week?

Sleeping for longer at the weekend helps us to catch up on sleep?

Going to bed early will help us fall asleep on time?





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My Sleep Expectations

What do you think will happen when: You go to bed? You fall asleep?
You get up tomorrow? And how will you feel during the day?

Expectation 1 _____

Expectation 2 _____

Expectation 3 _____

Expectation 4 _____

Expectation 5 _____

Sleep expectations

- What are your sleep expectations for your child?
- Please take a sleep expectations worksheet to complete (you may want to complete this with your child and agree the sleep expectations together).

Managing my Expectations

If you've watched our Understanding Sleep workshop, you'll know that the way you think about sleep can directly impact on your insomnia.

Use the prompts below to start challenging any expectations you have about sleep that might be adding to your worries.

? Are your expectations based on your opinion or facts?

? Are your expectations about sleep helpful to you?

✓ Be accurate and balanced in the way you think about sleep.

✓ Be objective - use the information provided in the Understanding Sleep workshop and from the sleep resources provided at the end of the session.

✓ Look at your sleep as a problem to be solved rather than a hopeless situation

Managing your sleep expectations

- Identify your top 5 sleep expectations.
- Use the prompts on your worksheet to challenge these expectations... are they accurate? Are they helpful to you and your child?

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I actually slept
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Thursday

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Thoughts that kept me awake:

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Friday

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Thoughts that kept me awake:

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Saturday

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Thoughts that kept me awake:

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Sunday

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Thoughts that kept me awake:

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Helping you child to manage sleep time worries:

- Encourage your child to keep a note of your sleep thoughts and worries using the sleep diary.
- Explore further support if you feel it is mainly worries keeping your child awake at night.

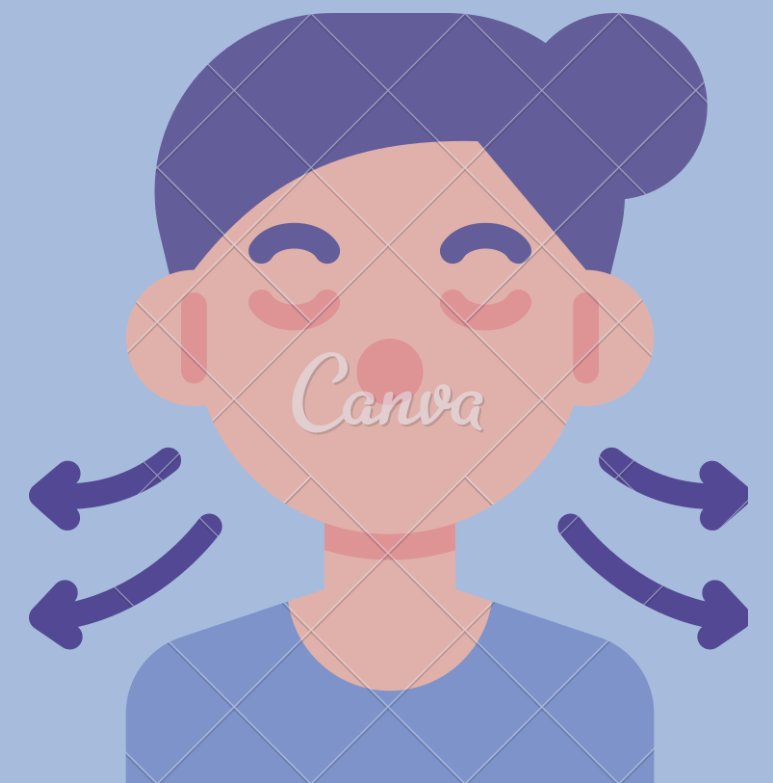


What do relaxation techniques do?

- Stress disrupts sleep and relaxation techniques target stress.
- Triggers the relaxation response – the brain's counterbalance for stress.

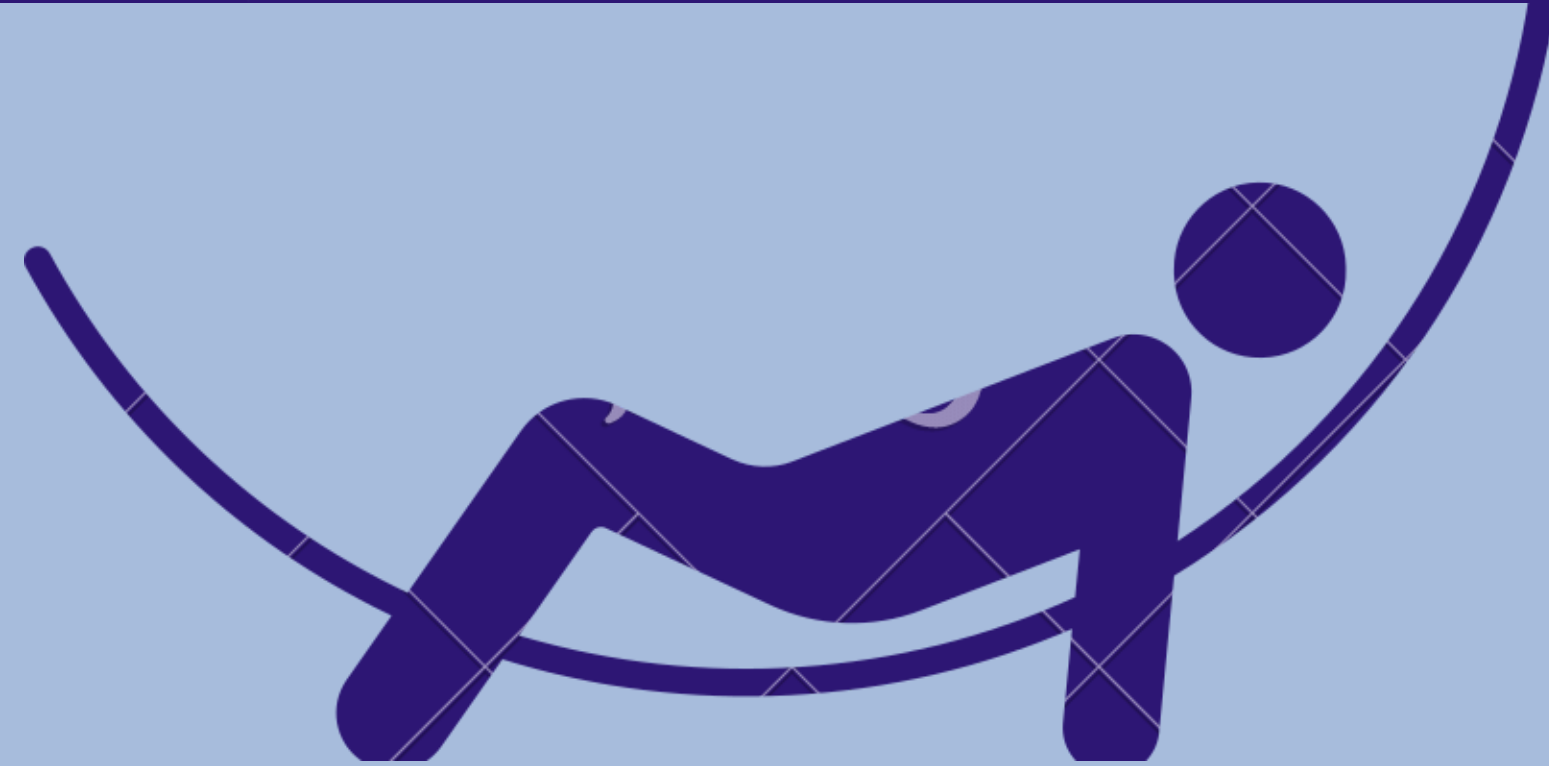
Benefits of relaxation techniques:

1. Reduced stress hormones.
2. Turns off negative sleep thoughts.
3. Produces a brain wave that's similar to stage one sleep.



What relaxation techniques should I try?

1. Breathing exercises.
2. Mindfulness.
3. Progressive muscle relaxation.
 - Releases muscle tension.
 - Mind focuses on action rather than worry.



Descriptions of how to do these techniques are available.

If you need further support...

1. Visit your GP to explore physical health concerns that could be impacting on sleep.
2. Ask the mental health lead at your school to make a referral to us if you feel sleep is being impacted by a mental health concern such as anxiety, low mood, worry or panic.
3. Sign up to our online digital offer of support at www.getcerebral.co.uk.
4. There are lots of sleep support websites such as <https://thesleepcharity.org.uk/>.
5. You can call the National Sleep Helpline on 0330 353 0541.





Thank you
for listening.