



School nurses' top tips

The importance of sleep.

Why is good sleep so important?

Sleep is needed for growth and development. It helps with our learning and makes us less likely to get coughs and colds.

Poor sleep can add to behaviour problems.

Tips for good sleep.

- Keep bedtime and wake up times the same in the week, at weekends and in the holidays.
- Have a 'golden hour' before bedtime with calming, relaxing activities, and no electronic devices (including TV).
- Allow time to talk about any worries before this 'golden hour'.
- Swap any sugary bedtime snacks for 'sleepy foods' like wholewheat toast and butter, cereal, warm milk or a banana.
- Have a routine before bed and for mealtimes.

Improving sleep – we are here to help.

Every child is different. If you would like support improving your child's sleep, contact your school nursing team or The Sleep Charity.

[Helping your children sleep \(derbyshirefamilyhealthservice.nhs.uk\)](http://derbyshirefamilyhealthservice.nhs.uk)

[Information & Support - The Sleep Charity](#)

Email: dchst.derbyshireschoolnurses@nhs.net

Telephone: 01246 515100

Website: www.derbyshirefamilyhealthservice.nhs.uk

How much sleep does the average child need?

A child aged
3 - 5 years old,
needs around
10 - 13 hours'
sleep a night.

A child aged
6 – 12 years old,
needs around
9 – 12 hours'
sleep a night.