SAFEGUARDING AND WELLBEING

The Sutton Academy

Is your child spending too much on their electronic device at night? We have had lots of reports recently that children are tired in lessons.

Here are some helpful hints and tips to ensure a better night's sleep for your child.

WHY IS IT SO IMPORTANT THAT YOUR CHILD GETS A GOOD NIGHTS SLEEP?

Benefits of a good night's sleep:

- Sleep reduces stress
- Better problem-solving skills
- Improves your memory
- Improves attention and focus
- Increases creativity
- Improves your immune system
- Improves your mood and social skills

5 Ways to Manage Time Spent Gaming
by @inner_drive | www.innerdrive.co.uk

DO ✓ **GET YOUR WORK DONE FIRST**
You can then spend time enjoying gaming knowing that your work has been done.

DON'T ✗ **LOSE SLEEP OVER IT**
Sleep is important as it impacts on how you feel, think and behave the next day.

DO ✓ **SET A TIME LIMIT**
This can help ensure you don't spend too much time gaming. All things are best in moderation.

DON'T ✗ **SPEND TOO MUCH TIME ON YOUR OWN PLAYING IN YOUR ROOM**
Playing with other people in person and spending time with others is important.

DO ✓ **GET EXERCISE**
Be sure to get enough fresh air and physical activity regularly. Don't replace exercise and sport with gaming.

How much sleep *should* teens get?
8-10 hours

How much sleep do teens *actually* get?
6-7 hours

Tips

1. Set a sleep schedule

Choose a set bedtime and wake-up time and stick to them every day. By following a regular schedule, your body clock will develop a new routine and healthier sleeping habits. Over time, you will know the best time to sleep; you will be ready to go to bed, have an uninterrupted night's sleep and wake up refreshed.

2. Remove all devices from bedrooms

Removing all screens (TV, tablets, smartphones, computers) from bedrooms will greatly improve sleep as they can stimulate the brain for several hours. The whole family can try this as an experiment for a week. Keeping devices that connect to the internet out of bedrooms also increases children's online safety and parental control of content.

3. Create a relaxing sleeping environment

Make your bedroom conducive to a goodnight's sleep. Turn off devices a minimum of one hour before bed and keep them outside the bedroom. If you live in a noisy area, white noise can help you drift off to sleep (fan, air conditioning, white noise machine) or get some earplugs. Ensure the room temperature is just right – not too hot and not too cold – and you have a comfortable mattress to sleep on.

4. Skip daytime naps

If you or a loved one are staying up late to game, it can be tempting to nap during the day. If you are trying to build healthy sleeping habits, this is the wrong approach. Daytime napping can cause grogginess and make it more difficult to sleep at night. If you get the recommended hours of sleep per night there should be no need to nap in the day.

5. Get daily exercise

Regular daily exercise is a good way to improve your sleep quality, and general health and well-being. However, exercising in the evening can overstimulate the body so avoid working out one to two hours before bedtime.

6. Eat early

As well as setting regular bedtime and wake-up times, having meals around the same time each day will also get your body into a regular routine. Try to eat your evening meal at least two to three hours before bed and watch what you eat – food with a high fat content might disrupt your sleep because it can take longer to digest.

WAKE UP!!

Information and resources from:

As always, if you have any issues around your child's mental health and well-being, please contact a member of the safeguarding team, or your child's Head of Year.