Sleep Guidance

Ladybird Childcare Services

Lifelong Education to Achieve Positive Parenting

Age	Hours a day
0-2 months	12-18
3-12 months	14-15
1-3 years	12-14
3-5 years	11-13
5-12 years	10-11
12-18 years	8.5-10
18+	7.5-9

Ladybird Childcare Services

ieap Lifelong Education to Achieve Positive Parenting

Why?

- An uninterrupted sleep is necessary in order for optimal growth and development of the child.

- Lack of sleep increases risk of illness and effects immune system.

- Sleep deprivation affects us physically, mentally and emotionally

Ladybird Childcare Services

ieap Lifelong Education to Achieve Positive Parenting

Physical side effects

- Low energy level/tiredness
- Feeling hungry at all times
- weight gain, diabetes, heart disease, high blood pressure
- Sleepiness in warm environments/feeling sluggish
- Need for naps
- Difficulty getting out of bed
- Drowsy after meals
- Light headedness
- Poor motor skills
- Poor vision
- Poor skin condition
- Reduced immunity, frequent colds/infections etc

Ladybird Childcare Services

Lifelong Education to Achieve Positive Parenting

Mental side effects

- Poor Concentration and memory
- Feeling more impulsive/hyperactive
- Difficulty making decisions
- Difficulty problem solving
- Delayed reactions

Ladybird Childcare Services

ieap Lifelong Education to Achieve Positive Parenting

Emotional side effects

- Irritable
- Low mood
- Lack of interest
- Lack of motivation
- Taking longer to complete tasks
- Poor performance
- Increased risk of making mistakes
- Increased stress

Stages of sleep

5 stages of sleep make up sleep cycle which lasts for around 90 minutes.

Sleep cycle is repeated 5-6 times.

Sleepiness will occur every 90 minutes.

NREM sleep 75%

NREM sleep: NREM (non-rapid eye movement) **sleep** is dreamless sleep

REM sleep 25%

REM sleep is when dreams occur

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting

NREM sleep

Stage 1

- Transition to sleep
- Awake to falling asleep
- light sleep

Stage 2

- light sleep
- Onset of sleep
- Disengaged from surroundings
- Breathing and heart rate are regular
- Body temperature drops

Stage 3+4

- Deepest and restorative sleep
- BP drops and breathing slows
- Muscles relax and blood supply increases
- Tissue growth and repairs
- Energy restores
- Hormones released

Ladybird Childcare Services

ieap Lifelong Education to Achieve Positive Parenting

REM sleep

Characterised by -

- Electrical activation of the brain

- very relaxed muscles

- body becoming immobile

(REM) eye movements back and forth under the eye lids

Lack of REM sleep impairs ability to learn complex tasks.

How can we promote better sleep

Ladybird Childcare Services

ieap
Lifelong Education to Achieve Positive Parenting

Before bed time

Regular exercise

Quiet calming activities

Don’t have large and/or spicy meals to late

Don’t go to bed hungry

Don’t have fizzy drinks – Caffeine

Don’t activate child's imagination – quiet activities

No screen time at least an hour before

Warm bath

Ladybird Childcare Services

ieap Lifelong Education to Achieve Positive Parenting

At bed time

Have room at a comfy temperature

Keep lights dimmed

Offer a soothing drink

Think of only nice things

Try breathing exercises to calm down

If reading choose a plain simple book – no noises lift the flaps etc

Choose your involvement and duration – e.g. 1 book

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting

Bed time routine

Follow same routine every night

Read/don't read

Same activities e.g pjs on

Go to bed at the same time every night

Wake up at the same time every morning

Use visual routines for older children

Bed time routines should only last about an hour

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting

Unsettled child

Try and stay calm but firm and assertive

Encourage self sooth rather than coming into parents bed

Don’t engage in conversation during the night – return to bed immediately

(may get repetitive – but don’t establish new routines)

Use night light, soothers etc for comfort

Praise after a good night – reward charts etc

Ladybird Childcare Services

leap Lifelong Education to Achieve Positive Parenting

Nightmare or night terror

Ladybird Childcare Services

ieap Lifelong Education to Achieve Positive Parenting

Nightmares

Nightmares are common in children aged 3 to 6 years old. Most children grow out of them.

Nightmares usually occur later in the night and cause strong feelings of terror, fear, distress or anxiety.

Your child may wake up and be able to remember and describe the dream to you.

Nightmares in children can be caused by a frightening experience, such as watching a scary film, or by something that's worrying them.

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting

Talk to your child to find out whether anything is worrying them that could be triggering their nightmares.

As with night terrors, making sure your child has a relaxing bedtime routine will also help.

Take your child to see your GP if they're having repeated nightmares (a series of nightmares with a recurring theme).

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting

Night Terrors

Night terrors are common in children aged between 3 and 8 years old.

A child who experiences night terrors may scream, shout and thrash around in extreme panic, and may even jump out of bed.

Their eyes will be open, but they're not fully awake.

The episodes usually occur in the early part of the night, continue for several minutes (up to 15 minutes), and sometimes occur more than once during the night.

Night terrors and nightmares - NHS (www.nhs.uk)

Ladybird Childcare Services

leap Lifelong Education to Achieve Positive Parenting

stay calm and wait until they calm down.

Don't intervene or interact with them, unless they're not safe. Night terrors can be frightening to witness, but they don't harm your child.

You shouldn't attempt to wake your child when they're having an episode. They may not recognise you and may become more agitated if you try to comfort them.

Your child won't remember the episode the next morning, but it may still help to have a general chat to find out if anything is worrying them and triggering the episodes.

If the night terror episodes are frequent and occur at a specific time every night, you may find that waking your child breaks the cycle.

Wake your child 15 minutes before the anticipated time of the episode every night for 7 days.

This can disrupt their sleep pattern enough to stop the episodes without affecting sleep quality.

Most children eventually grow out of night terrors. But talk to your GP if they're occurring several times a night or most nights.

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting

Helpful points

Bad sleepers normally are children who never fall asleep alone, or sleep with motion.

Melatonin is needed for sleep. Melatonin is produced by natural light in day time.

Don’t use bedroom for punishment

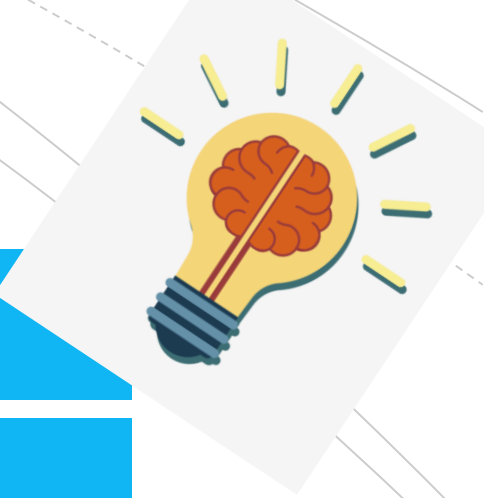
Continuous crying/cry it out actually wakes children up.

Try slow release energy food for supper

The Rabbit who wouldn’t fall sleep book is recommended although you can get similar

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting



Remember

Remember how much sleep a child needs

Keep calm and relaxed – child and parent

Have a routine and be consistent

Regular exercise will help – especially outside (melatonin)

Think about diet

Ladybird Childcare Services

leap
Lifelong Education to Achieve Positive Parenting