



Sound Sleep

A teaching pack to raise awareness in schools of the importance of sleep for emotional and physical wellbeing

PRIMARY



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Sound Sleep





Sleep Scotland is a charity that was established in 1998 to support the parents and carers of children and young people with additional support needs and sleep problems.

Everyone suffers if a child does not sleep well. It affects the health of the parents and how they cope with the demands of the family. There is little night time respite care available. It is often the cause of family break up where children end up in care.

Sleep problems can be effectively treated using specially adapted behavioural and cognitive techniques. This reduces stress levels for the parents and leads to improved health and quality of care for the whole family. Parents and carers can look after their children better, and make decisions about care for their children with additional support needs.

Sleep Scotland works in partnership with local authorities and health trusts to establish locally controlled sleep counselling services. Sleep Scotland's vision is to establish sleep counselling as part of a package offered to children with additional support needs.

The aims of Sleep Scotland:

- To help children and young people with additional support needs to sleep better and consequently to improve their daytime performance.
- To help parents and carers by giving them specific tried and tested behavioural cognitive techniques to adapt their child's night time behaviour.
- To provide training for professionals from health, social work, education and the voluntary sector.
- To establish sleep clinics to provide families with support and counselling.
- To run a support line between the hours of 10.00am and 4.00pm, Monday - Thursday.
- To raise awareness of the problems caused by sleep difficulties in children and young people with additional support needs.
- To promote the availability of a sleep counselling service as part of the role of the statutory sector.

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Foreword

In 1998 Sleep Scotland launched sleep counselling services in Scotland. Over the last twenty years, Sleep Scotland put sleep on the agenda for children and young people with additional support needs. Our aim was to help these children and young people realise their potential.

In March 2010, we decided to pilot sleep workshops in a few schools in Scotland. We were quite taken aback at the worldwide media interest that pursued in the following weeks. Sleep was indeed part of health and wellbeing, science, sports and fitness, numeracy, literacy etc. This experience taught us that sleep should go on the mainstream curriculum, so that all students can reach their full potential.

So was the birth of **Sound Sleep for Secondary Schools**.

Over the years we came to realise that all school children should have the opportunity to know more about sleep and their bodies, so in 2018 we developed and launched **Sound Sleep for Primary Schools**.

We want school children and their families to talk about sleep and to realise how it can help them change their lives for the better.

Sound Sleep provides teachers with the resources to do this. Please help Sleep Scotland take Sound Sleep to all our children and young people.

Jane Ansell
CEO, Sleep Scotland



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Background Reading

- Chapter 1 Sleep
- Chapter 2 Circadian Rhythm
- Chapter 3 Sleep and Our Wellbeing
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Curriculum Overview

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Lesson 1 – Why is sleep important?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Who Sleeps for How Long?
 - Sleep Diary 10-11 hours

Lesson 2 – Why do we sleep when we do?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Sleep Diary 10-11 hours

Lesson 3 – How to get a good night's sleep

- Lesson plan
- PowerPoint presentation
- Handouts
 - Sleep and wake clocks
 - How to get a good night's sleep P1/2
 - Colouring In
 - Sleep Diary 10-11 hours

Combined

- PowerPoint presentation
- Handouts
 - Who sleeps for how long?
 - Sleep and wake clocks
 - How to get a good night's sleep P1/2
 - Colouring In
 - Sleep Diary 10-11 hours

P3-5

Aims and Objectives

Lesson 1 – Why is sleep important?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Who Sleeps for How Long?
 - Sleep Diary 10-11 hours

Lesson 2 – Why do we sleep when we do?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Screen Time Diary
 - Sleep Diary 10-11 hours

Lesson 3 – How to get a good night's sleep

- Lesson plan
- PowerPoint presentation
- Handouts
 - Sleep and wake clocks
 - My sleep routines
 - How to get a good night's sleep
 - Relaxation techniques
 - Sleep Diary 10-11 hours

Combined

- PowerPoint presentation
- Handouts
 - Who sleeps for how long?
 - Screen Time Diary
 - Sleep and wake clocks
 - How to get a good night's sleep
 - Relaxation techniques
 - Sleep Diary 10-11 hours



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P6-7

Aims and Objectives

Lesson 1 – Why is sleep important?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Sleep Behaviours Questionnaire
 - Sleep Quiz
 - Who Sleeps for How Long?
 - Sleep Diary 9-10 hours

Lesson 2 – Why do we sleep when we do?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Owl or Lark Questionnaire
 - Screen Time Diary
 - Sleep Diary 9-10 hours

Lesson 3 – Why do we sleep when we do?

- Lesson plan
- PowerPoint presentation
- Handouts
 - Sleep and wake clocks
 - How to get a good night's sleep
 - My sleep routines
 - Relaxation techniques
 - Sleep Diary 9-10 hours

Combined

- PowerPoint presentation
- Handouts
 - Sleep Behaviours Questionnaire
 - Sleep Quiz
 - Who sleeps for how long?
 - Sleep and wake clocks
 - Owl or Lark Questionnaire
 - Screen time diary
 - How to get a good night's sleep
 - My sleep routines
 - Relaxation Techniques
 - Sleep Diary 9-10 hours

Parent Sessions

What about sleep? P1-6

- PowerPoint presentation
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 - How to sleep well (P1-2 or P3-7)
 - Sleep Diary (10-11 hours or 9-10 hours)

What about sleep? Nursery

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 - Example of a Good Bedtime Routine
 - Sleep Diary (Nursery)

Additional Resources and Information

Lesson Resources

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- Sleep Quiz Powerpoint Slides
- Lesson Resources (PDF)
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Further Information and Support

Further Support for Sleep

- Sleep Scotland Telephone Support Line
- Sleep Services
- Other Support Services

Other

- Additional Information
- Acknowledgements



Introduction

Sleep is one of the most important indicators of a healthy lifestyle, yet today, in the UK, we are almost illiterate about the value of sleep. According to survey carried out by The Sleep Council in the UK, almost one third of Britons now sleep for just five-to-six hours per night and up to 22% of people say that most nights, they sleep poorly. The cost of being able to live a 24 hour lifestyle is very often our sleep. We believe that we can get by on less and less hours of rest so that we can watch more TV, interact on social media, do more shopping, work longer hours or spend more time with people we care about. However, as we become increasingly aware of the way the brain works and the finely tuned nature of our bodies, we are beginning to understand the importance of sleep and the vital role it plays in our emotional and physical wellbeing.

This pack is aimed at Primary Schools in all areas of the United Kingdom. As a society, we have spent many hours teaching young people about the value of a healthy diet and taking plenty of exercise and we are still dealing with a significant number of pupils who are overweight and depressed, trying to deal with their ever more complex lives. Recent research has shown that there is a link between sleep deprivation and obesity, impaired learning and depression. By highlighting the importance of sleep and the simple effective behavioural changes that can be made to ensure good quality sleep, schools will help pupils to benefit in terms of academic success and the ability to deal with stress and anxiety. A child's physical health is directly affected by the amount they sleep, but many are failing to get the hours of sleep they require.

School is a very appropriate place to raise the issue. Health and wellbeing is a familiar topic for pupils in class and is nearly always raised at parents' evenings. If we all become aware of the importance of sleep for building study skills, nurturing creativity, working cooperatively with others, making decisions and being safe, then schools can make a significant contribution to the academic success and emotional resilience in our children and young people.

