

Dear Parent or Carer

Your child is currently taking lessons on the importance of sleep for their emotional and physical wellbeing. As part of that work, they have been asked to keep a sleep diary for a week. They will be taking note of when they go to sleep, how many hours they sleep and how sleepy they feel during the day.

Research has shown that Primary School aged children need to have between 9 and 11 hours sleep each night. The lessons your child is taking part in are designed to encourage them to take responsibility for their sleep as part of a healthy lifestyle. If you think your child has displayed any of the behaviours listed below, they may not be getting enough sleep.

- Difficulty waking up in the morning, sleeping through the alarm
- Inability to concentrate or focus at school
- Falling asleep spontaneously during quiet times of the day
- Low mood, depressed, excessively anxious or stressed, displays emotional outbursts
- Impulsive or erratic behaviour
- Irritability late in the day
- Complaining of fatigue or loss of energy
- Poor motor coordination
- Accident prone
- Excessive use of computer games, mobile phones, or TV after going to bed
- Sleeping for extra-long periods at the weekends

If you would like any more information, or are concerned about your child's sleep, please do not hesitate to contact us.

Yours faithfully