



Sleep

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Our Session ...

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Introduction

What is sleep?

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Understanding sleep

Stages of sleep
The impact of lack of sleep
Sleep Development

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Anxiety and Sleep

Including sleep hygiene

04

Techniques and Support

What can you do at home?



What is sleep?

"Sleep is an investment in the energy you need to be effective tomorrow." Tim Roth

Sleep is ...

- ❖ a reversible state of reduced awareness of and selective responsiveness to the environment
- ❖ limited awareness persists, for example a mother can sleep through a thunderstorm but hears her baby crying
- ❖ characterised by motor inhibitions
- ❖ species specific posture



Stages of Sleep

The Science and The Facts



Non REM - 3 types

- 1 - drowsy wakefulness - 5%
- 2 - onset of sleep, quite fragile sleep and can wake easily 45-55%
- 3 - deep/ slow wave sleep 15-20%



REM (rapid eye movement)

Accounts for 20-25%

The limbic system (emotional centres) become very active, while pre-frontal cortex (logical brain) is de-activated. Where we consolidate emotional experiences, and often have most memorable dreams.

Impact of lack of sleep

What is the impact on ...

Your child

You

Their siblings



40%

of a child's childhood they spend asleep.

23%

of UK adults get less than 5 hours of sleep a night.

67%

of UK adults suffer from disrupted sleep.



Typical development of sleep

2 - 9 years ~ set limits, they begin to ask for more stories, drinks, toilet etc - 10%-30%.

3 - 6 years ~ 10% - 50% of children have nightmares (can be comforted, can be aware the next day)

3 - 8 years ~ night terrors (difficult to comfort, often unaware the next day)

8 - 13 years ~ sleep walking peaks

9 - 18 years ~ finding it more difficult to get to sleep



Hours of sleep



	Age	Recommended hour of sleep
Newborn	0-3 months	14-17 hours
School age	6-12 years	9-12 hours per 24 hours (including naps)
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night



Anxiety around sleep

This could present as ...



Separation anxiety

Anger

Bedtime worrying - school, getting sleep, worry about worry

Co-sleeping with parents



Behaviours challenges

Feeling 'unwell'



Bedtime resistance

Specific fears

OCD type behaviours



Specific routines and rituals, sometimes involving parents

Generalised anxiety

Checking, using the loo, hand washing, tidying their room



Sleep Hygiene

- ❖ Keep a regular bedtime
 - ❖ Wake them at a regular time each morning
 - ❖ Establish a consistent bedtime routine
- ❖ Are their needs met before bed - avoid food in the bedroom.
No midnight snacks!
- ❖ Avoid screens for at least an hour before bed - Blue light disrupts your body clock
- ❖ Avoid caffeine - including chocolate



Sleep Routines

What is your child's sleep routine?

What is your sleep routine?

What are your current expectations?

What would you like your child's sleep to be like?



Techniques to try

Extinction - this is rarely recommended - just leave them to 'cry it out'

Controlled crying - 5 minutes return, 10 minutes return - increase the gap in returning to them each time

Quick return - same as above but when not crying - reduce interaction each time you go back

Extinction with parental presence - gradual retreat, stimulus control

Sleep restriction - Restrict how much sleep they have eg cutting out naps, later bedtimes

When you're sleep-deprived, you're prone to performance problems. It affects your decision-making, how crisp you are in dealing with things, what your mood is. Sleep needs to be a priority.

Dr Eric Olson





www.cerebra.org.uk

www.sleepscotland.org

www.thechildrenssleepcharity.org.uk

www.tiredout.org.uk

V.Mark Durand - Sleep better

Thank you!

Do you have any questions?

Please take the slides to share with family members at home.

