

Dear Parent/Carers



Thank you for taking the time to read this letter.

We are the Isle of Wight's Mental Health Support Team and over the coming academic year we will be working with pupils in your child's school on aspects of emotional wellbeing.

Today we have visited your child's Primary School and worked with children in year 4 to learn about sleep and sleep hygiene. We included a space for your child to reflect on their current sleep schedule and quality of sleep. We also considered, linking in evidence-based strategies, how we can improve the quality of our sleep, including limiting screen time before bedtime, finding the best temperature and darkness levels, forming a nighttime routine and clearing our minds before we settle to sleep.



It is normal for all of us to experience difficulties with sleep from time to time. Difficulties may happen for just one night, or several consecutive nights. This can lead to children becoming more tired or irritable throughout the day and can affect their performance both academically and socially. It can also have a knock-on effect on their energy levels and overall wellbeing.

We have/will invite parents and carers to attend a workshop so that top tips for a better night's sleep can be considered together as a family. As a service we are aware it can be a challenge to attend workshops like this so we hope the information in this letter will be useful for everyone.

Sleep hygiene skills not only benefit children but can also remind us as adults to improve the quality of our sleep which can enhance our mood and energy levels. Practising better sleep hygiene skills ourselves is the best way for our children to learn and follow our own expectations for bedtimes.

Below, you'll find some activities and information that you could bring into practice in your homes to aid everyone's restoration.



If you have any questions or concerns about your child's mental health or emotional wellbeing, please do contact your school's Designated Mental Health Lead, Mrs Jones, who can then advise on the best next steps.

Yours Sincerely  
IW Mental Health Support Team



## Year 4 activities:

**Sleep Diary** – Keep a sleep diary to track your quality of sleep night on night, the prompts/questions can help you to identify what may be harming your child's chances of a good night's sleep & feeling well rested.

*Sleep Diary...*

KEEP TRACK OF THESE TOPICS TO IDENTIFY PATTERNS AND HABITS THAT MAY BE NEGATIVELY IMPACTING YOUR SLEEP

M T W TH F S S

I FELL ASLEEP AT \_\_\_ PM/AM

I FELL ASLEEP \_\_\_ (EASILY, AFTER SOME TIME, WITH DIFFICULTY)

I PUT MY PHONE AWAY OR TURNED MY SCREENS OFF AT \_\_\_ PM/AM

I WOKE UP AT \_\_\_ AM/PM

I WOKE UP FEELING \_\_\_ (REFRESHED, SOMEWHAT REFRESHED, FATIGUED)

I WOKE UP \_\_\_ TIMES DURING THE NIGHT

MY SLEEP WAS DISTURBED BY \_\_\_ (NOISE, LIGHTS, PETS, TEMPERATURE, DISCOMFORT, STRESS, ETC)

OTHER NOTES (TOOK A NAP, CAFFEINE CONSUMED, ALCOHOL CONSUMED, ETC)

### Top tips for success:

- 1 Make small changes.
- 2 Try one thing at a time.
- 3 Be consistent.
- 4 Be patient.
- 5 Monitor progress – think about what does work and what doesn't.



### **General Factsheet Links;**

**Sleep hygiene in children and young people**  
Great Ormond Street Hospital  
(<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>)

**Healthy sleep routines**  
([cambspborochildrenshealth.nhs.uk](http://cambspborochildrenshealth.nhs.uk)) provides helpful tips across the age ranges and for SEND.