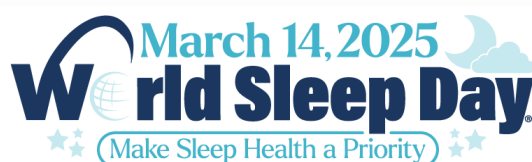


Supporting good sleep for children and young people

Good sleep is so important, particularly for children and young people, as it helps bodies and brains to repair and restore themselves, helping you to learn, remember and think clearly. Good sleep impacts upon all aspects of health, including physical, mental and brain health. Likewise, sleep deprivation has a negative impact on these aspects of health.



With World Sleep Day taking place on 14th March, this is an idea time to reflect on how we can support good sleep in children and young people, particularly following the recent SHEU survey where 25% of pupils said they felt tired “always” during the day. The theme for World Sleep Day this year is “Make Sleep Health a Priority” so let’s do just that!

The following websites and organisations offer advice, resources and support for promoting good sleep, so please do take a look and see what could be appropriate to share with your families.

- ✓ The Sleep Charity has a lot of good advice for parents/carers, including a section on SEND children too. A good site to signpost parents to [Children - The Sleep Charity](#)
This website also has links to the [Sleep Well Academy](#), with details on training such as [Sleep Champion Workshops](#) which may be of interest to schools.
 - ✓ The NHS shares advice on how to settling restless children.
<https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>
 - ✓ Great Ormond Street Hospital shares information on appropriate sleep times and how to establish a routine. <https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>
- Cerebra offer a Sleep Advice Service as well as a [downloadable booklet](#).
- ✓ <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>

- ✓ The Sleep Foundation gives general advice on a good night sleep, why it is important and provides hints. <https://www.sleepfoundation.org/children-and-sleep>
- ✓ Young Minds provides information on sleep disorders and what support you can access. <https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems>
- ✓ The Anna Freud, Mentally Healthy Schools section, has some information/advice on sleep [Sleep : Mentally Healthy Schools](#)
- ✓ The Mental Health Foundation has a school pack [Sleep: finding our confidence with sleep – school pack | Mental Health Foundation](#)

The pack includes:

- A lesson plan with PowerPoint slides and worksheets, that support pupils to explore the topic of sleep in more depth.
 - An assembly plan with PowerPoint slides and posters to support the development of a whole-school approach to developing good sleep health.
 - Helpful guides for pupils, school staff, and parents/carers
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- ✓ The PSHE Association school pack [The sleep factor \(KS1-5\)](#) (KS1-KS5). Lots of resources there for schools. Unfortunately, this is only for members, but your school may well be a member.
 - ✓ For secondary schools (KS3-KS4) [Schools - Teen Sleep Hub](#) They have some good posters with hints and tips, to put around the school.

This piece of work has been completed by the Behaviour, Safeguarding and Attendance sub-group of the Strategic Education Partnership, 2024-2025.