

# IMPROVING SLEEP QUALITY



Compass



Changing  
Lives

**Sleep hygiene is a set of habits and practices associated with sleep, the sleeping environment, and the bedtime routine.** Sleep hygiene recommendations are intended to help improve the quality and duration of sleep. They were originally developed to relieve mild to moderate insomnia symptoms, though the term has since become a catch-all phrase for a variety of behaviors that promote healthy sleep.



## What we'll cover

What is sleep and why do we need it?


The sleep diary.


How we can improve sleep.


Sleep and diet.





## What is sleep and why do we need it?


- 


HELPS OUR BRAIN  
STORE INFORMATION  
MAKING OUR MEMORIES  
BETTER
- 

HELPS KEEP OUR SKIN  
CLEAR AND HAIR SHINY
- 


BETTER ATHLETIC  
PERFORMANCE
- 

RESTORES OUR ENERGY
- 

HELPS IMPROVE OUR  
WELL-BEING AND MOOD
- 

BETTER  
CONCENTRATION  
LEVELS
- 

IN ALL, GOOD SLEEP  
MAKES EVERYTHING  
BETTER



Sleep is important for humans just like air, water and food.  
 Sleep is when our body and mind are rested, our eyes are closed, and our body is not fully conscious.  
 We sleep when our brains and bodies need a rest.  
 During sleep, our brain organises information, replaces chemicals and even problem solves.

Centers for Disease Control and Prevention  
**MMWR**

**Zzzzzz.... SLEEPY KIDS**  
MOST STUDENTS NEED MORE SLEEP



**6 OUT OF 10**  
MIDDLE SCHOOLERS  
DON'T GET ENOUGH SLEEP



**7 OUT OF 10**  
HIGH SCHOOLERS  
DON'T GET ENOUGH SLEEP

KIDS 6–12 YEARS  
NEED

**9 TO 12**  
HOURS



**Z z z**

TEENS 13–18 YEARS  
NEED

**8 TO 10**  
HOURS

MIDDLE SCHOOLERS: 2015 DATA FROM 9 STATES  
HIGH SCHOOLERS: 2015 NATIONWIDE DATA  
Wheaton et al. *MMWR*.  
Jan 2018 ([goo.gl/ddpQ75](http://goo.gl/ddpQ75))



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**HOW MUCH SLEEP SHOULD I AIM FOR?**



## The Sleep Diary

Sleep diaries are a helpful way to monitor and identify patterns of sleep. Try to keep it for at least one week.

Use this sleep diary to make an accurate assessment of how much sleep you are getting

Include as much information as you can, you may notice other factors associated with your quality of sleep.

This will help you to identify patterns and areas for improving sleep hygiene.



# Sleep Diary

#itsBedtime 

Keep track of each of your children's sleep patterns with this simple Sleep Diary. Most questions can be answered at bedtime. The rest you'll know the answer to at breakfast. Complete it each evening and morning. It will only take a minute.

Child's Name

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
What time did you start your bedtime routine?								
What time did your child go to bed?								
What time did they get to sleep?								
What time did they get up the next morning?								
How many hours did they sleep?								
What activities did they do in the hour before they went to bed? Did they read, watch TV, play with toys or video games, do homework? Something else?								
Were they up during the night?								
Did bedtime go as planned, Yes or No								
How was their energy the next day? On a scale of 1-5 (5 = full of energy, 1 = no energy)								
What worked well in getting them off to sleep?								
What got in the way of getting to sleep?								

Focus on what worked well and try to tackle the thing that got in the way of a good sleep.



Find out more about improving your child's sleeping habits at [www.safefood.eu](http://www.safefood.eu)



## How we can improve sleep



**ROUTINE** – TRY TO DO THE SAME THINGS BEFORE BED EVERY NIGHT SO YOUR BODY CLOCK CAN GET INTO THE RIGHT ROUTINE



**TECHNOLOGY** – AT LEAST AN HOUR BEFORE BED TRY TO TURN OFF ALL YOUR TECHNOLOGY, THE LIGHT FROM THE SCREEN CAN STOP YOUR BRAIN FROM MAKING THE CHEMICAL YOU NEED TO SLEEP



**ENVIRONMENT** – MAKE SURE YOU SLEEP SOMEWHERE THAT'S TIDY, QUIET AND DARK. TRY TO GET A COMFY SLEEPING PLACE AND A NICE SOFT PILLOW



## The bedtime routine

Schedules can help your “body clock” get into a rhythm.

Set a regular sleep time – not just bedtime!

Creating a night-time routine can help your mind and body know it’s time to sleep.

Get up at the same time each morning.

Do the same thing at the same time each day



Creating a night-time routine can help your mind and body know it’s time to sleep and start to unwind at least an hour before going to bed.

Get up at the same time each morning.

Do the same thing at the same time each day including waking up and going to sleep, this will strengthen your body clock.

Weekends also count!



## My bedtime routine

### Have

- Have a bath or a shower

### Put on

- Put on PJ's

### Eat

- Eat a snack

### Brush

- Brush teeth

### Get

- Get a drink

### Set out

- Set out clothes for tomorrow

### Read

- Read a book



You could add a time scale to this.

Personalise it. You could add Mum brushes child's hair (if this is something they enjoy) this is very calming and helps regulation.

Mum/Dad reads story or even child reads story to baby.

Encourage child to create their own routine.

## Bedroom environment

Comfort – purposeful and cosy

Clean and A bedroom clear of clutter

Darkness - circadian rhythm is strongly influenced by light/dark

No electronics in the bedroom (phone, laptop, tablets etc) – blue light

Quietness – lessens stimulus

Temperature - a cool bedroom may help keep core body temperatures constant and promote healthy sleep.



Certain aspects of the sleeping environment can have a significant effect on sleep. Core body temperature decreases just before and during sleep, while darkness helps promote release of melatonin.

A quiet bedroom helps maintain sensory gating, which is the brain's way of filtering out non-threatening stimuli and protecting sleep. The body prepares for sleep by lowering core temperature.

The [circadian rhythm](#) is strongly influenced by light and darkness signals.

## Screen time and blue light

Screen time close to bedtime makes it harder to fall asleep.

Avoid watching television or sit as far away from the screen as possible.

Turn off all electronics, including e-readers, computers, and phones, at least one hour before bed.


Avoiding blue light before bed can help keep the body's master clock regulated and promote sleep.

Instead of using your phone/tablet/laptop before bed, try reading a book or listening to music to relax


You could also try things like meditation, there's plenty of videos on YouTube to follow




Blue light from electronics, including televisions and video games, affects the brain and circadian rhythm in a similar way to sunlight and reduces how much melatonin (the chemical that makes us sleepy) your brain makes.




## Sleep and diet




Fizzy drinks, coffee and tea can keep our brain awake because of the caffeine.




Sugary foods such as chocolate and sweets cause our blood sugar to spike, keeping us awake.



Spicy foods are stimulating to the digestive system.



Highly calorific foods and those high in fats that are difficult to digest.



Sleep patterns are intricately connected to the timing of meals, the nutrients we consume, and how much we eat. The circadian rhythm controls the body's biological clocks, which regulate sleeping and waking, thirst and hunger, energy consumption, and metabolism.

**Like sleep, the digestive system follows a circadian rhythm.** A sudden change in diet or eating habits can cause a shift in how we sleep, and vice versa. Just as diet affects sleep, sleep affects metabolism, fat storage, food cravings, and the way energy is used.

Caffeine blocks brain receptors that are usually filled by adenosine, a neurotransmitter that makes us feel sleepy. Coffee, energy drinks, or soda containing caffeine can make falling asleep difficult

"A lot of people don't realize caffeine has a half-life of 6 to 8 hours, so 8 hours after you drink your coffee or soda, or whatever it happens to be, 50% of the caffeine is still in your system," says Dr. Breus. "Now, you might not feel it, but your sleep system definitely feels it."

**Why does lack of sleep increase appetite? A:** The circadian rhythm of hunger hormones changes when we're sleep-deprived, increasing the desire to eat. The

reward center of the brain changes, as well, making high-sugar and carbohydrate foods more appealing.

Spicy foods are stimulating to the digestive system and may cause heartburn or stomach upset. Though generally considered healthy, spicy foods can cause or exacerbate sleep difficulties when consumed too close to bedtime.

Foods high in fat can also cause digestive upset and heartburn when eaten before bed



## Foods that help us sleep

- Dairy products like warm milk can help us to sleep or a small glass of water
- Light snacks that have low sugar like nuts and oats can help us to sleep
- Bananas, kiwi fruit and cherries have melatonin in which helps us to sleep.



try eating foods with omega-3 fatty acids, like salmon, during dinner. Some research supports the connection between omega-3 consumption and healthy sleep patterns. Dr. Breus says broccoli, bananas, cherry juice, or kiwi are also good additions to your dinner to promote healthy sleep.

**Foods containing certain natural substances appear to promote deeper and healthier sleep**

- Poultry such as turkey and chicken
- Dairy products
- Eggs
- Beans, lentils, and peas
- Fish and shellfish
- Whole grains
- Nuts and seeds
- Fruit
- Vegetables

**Milk and milk products** Traditional milk products (warm), yogurt and soya milk

**Meat** Chicken and turkey Fish Cod, tuna, mackerel and salmon

**Cheese** Cheddar, processed cheese and cottage cheese

**Fruits** Apples, bananas, blueberries, strawberries, avocados, pineapples and peaches

**Vegetables** Spinach, asparagus, green peas, broccoli, tomatoes, cabbages, cauliflowers, mushrooms, cucumbers and potatoes

**Nuts** Walnuts, peanuts, cashews, pistachios, chestnuts and almonds

**Seeds** Ground flax, sesame, pumpkin and sunflower seeds

**Pulses** Mung beans, soya beans, kidney beans, lima beans, chickpeas and tofu

**Grains** Wheat, brown rice, red rice, barley, corn and oats Bread Wholewheat bread