

# Safe@HavenHigh

## The HHA Safeguarding Team

The Safeguarding Team at Haven High Academy can offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety and wellbeing. Our aim is that all the children at Haven High have the best possible outcomes. Please get in touch if you are worried about a child, have any questions or would like more information about this topic.

## Improving Your Sleep

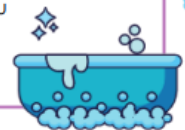
Sleep is an essential part of children's physical and mental wellbeing. It allows them to concentrate better and to store things they have learnt that day, improving the efficacy of their studying. Being well-rested also improves a child's mood, keeps their immune system strong and means they have the energy they need to enjoy their life outside of school. Everyone has times in their life when they don't sleep well. Most young people need 8-10 hours sleep per night but this varies from person to person.

## How to get the best night's sleep possible

**Routine:** Going to bed at the same time and waking up at the same time every day, even at the weekend; is a good way to ensure you get a good night's sleep as it allows your body to create a routine.



**Mindfulness:** Practising some mindfulness or relaxation before bed, avoiding screens/social media for at least two hours before bed and not exercising immediately beforehand are all good ways to help you sleep better. You could even try having a bath to help you relax.



**Bedroom Environment:** Don't work in your bed, try to keep it only for sleeping, this will help your brain associate that getting into bed means it is time to sleep. Make your bedroom as calming a place as possible with no bright lights and a comfortable temperature.



**Caffeine:** Caffeinated drinks (e.g. coffee, tea or Coca-Cola), nicotine (from cigarettes) and alcohol can all stop you from getting to sleep or can mean your sleep pattern is interrupted and you do not wake up well rested the following day.



**Notebook:** You may find keeping a notebook by your bed helpful so that you can jot down any ideas, worries or thoughts you might have during the night and look back at them in the morning, so your mind can have a chance to rest.



**Exercise:** Exercise can help you fall asleep faster and sleep more soundly, as long as it's done at the right time. Try to finish exercising at least three hours before bed or work out earlier in the day!



These changes may take time, try each tip consistently for 2-3 weeks to see a difference

Information provided by Healthy Minds Lincolnshire



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