

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHCE Bulletin

Sleep Well

Welcome to your PSHCE Bulletin, Monday 11th May, 2020.

Sleep! Ah. Lovely sleep. As many of you know, the benefits of good sleep are numerous. The Sleep Foundation states that "sleep is critical to physical health and effective functioning of the immune system. It's also a key promoter of emotional wellness and mental health, helping to beat back stress, depression, and anxiety". During our normal day-to-day lives we can sometimes forget how important good sleep is and we can neglect our sleep health. However, the situation we find ourselves in now, during such unprecedented times, means that the difficulties around sleep may be heightened for a number of reasons;

- Disruption to daily life may mean that it's hard to keep track of time. We have had significant and profound changes to our normal routines and, with nothing to get up for like work or school, we may be tempted to go to bed later and oversleep in the mornings
- Increased anxiety and worry about our own health and that of our families may make it harder to sleep
- Staying at home has meant more screen time for all of us - working and meeting with friends via phones and computers, studying online and increased use of technology-related leisure pursuits means that we have more blue light from screens which can suppress the natural production of melatonin, a hormone that the body makes to help us sleep.

Maintaining healthy, high-quality sleep is even more important in the current climate due to its role in improving both our physical and mental health. Here are some tips for maintaining good sleep;

- Stick to a normal bedtime and getting up time
- Reserve your bed for sleep
- Get out into the light during the day and darken your room at bedtime
- Be careful with naps
- Stay active

Sleep is a key way to boost our mood and keep us feeling healthy and well. Try focusing on your sleep over the coming week and take notice of your current habits. Then make some small changes and see how you feel. Have a good week everyone. And sleep well.

Useful Links and Contacts

You can find more detailed information on sleep at The Sleep Foundation <https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

Evelina London (Children's Healthcare) <https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx>

Childline - www.childline.org.uk Phone: 0800 1111

Kooth - free, safe and anonymous online support for young people <https://www.kooth.com/>

Well-being resources on the school website - <https://www.thomastallisschool.com/schoolclosuresresources.html>

6 Benefits of a Good Night's Sleep

by @inner_drive | www.innerdrive.co.uk



Better Concentration



Better Memory and Recall



Aids Creativity



Reduced Focus on Negative Things

Helps You Make Better Decisions



Stronger Immune System

