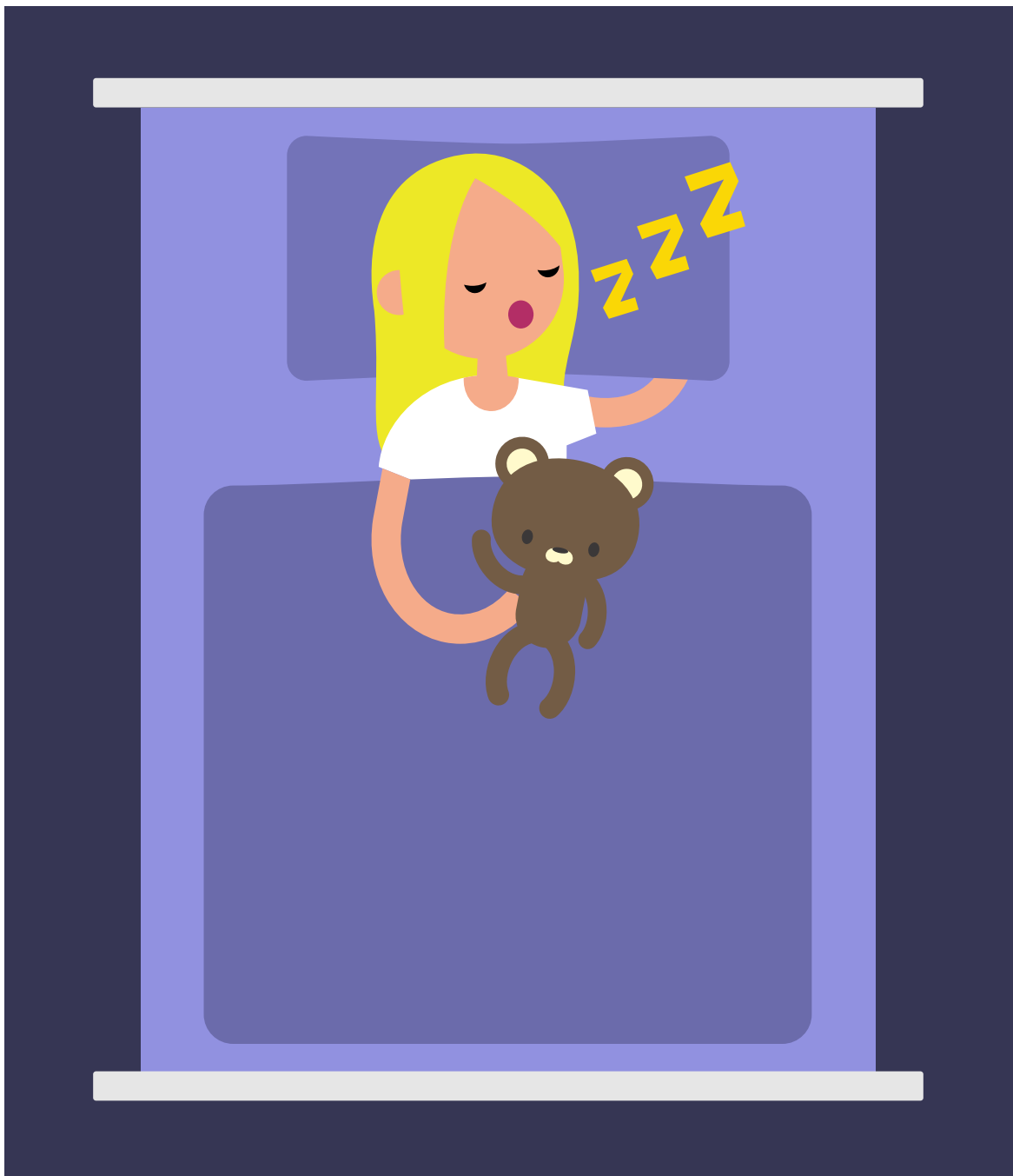


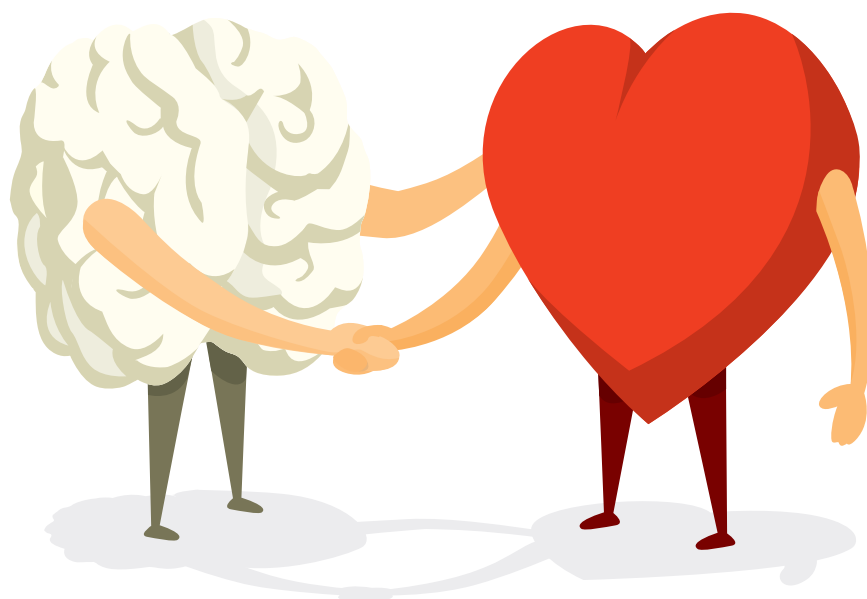
Sleep

A young person's guide to improving sleep
Key Stage 2



What you'll find in this workbook

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Introduction

Everyone can find it difficult to get to sleep sometimes but when this starts to happen all the time it can make it hard to be our best and happiest selves! It doesn't have to be a big worry though as there are lots of things that we can do together to make your sleep better.

This is an interactive workbook where you will learn and practice new skills and games to help make your sleep the best that it can be.

The workbook will cover the following areas:

How do I deal with sleeping badly?	Why is sleep good for me?	How do I sleep better?	How much sleep do I need?
------------------------------------	---------------------------	------------------------	---------------------------



Exercise one: My workbook plan

Answer the questions below to plan when you are going to complete the take home tasks:



My Workbook Plan

I will complete my workbook in this location...

Picture of school	Picture of home	Blank box to draw a place
-------------------	-----------------	---------------------------

Who can I talk to about my workbook?

Picture of family	Picture of teacher	Blank box to draw a person
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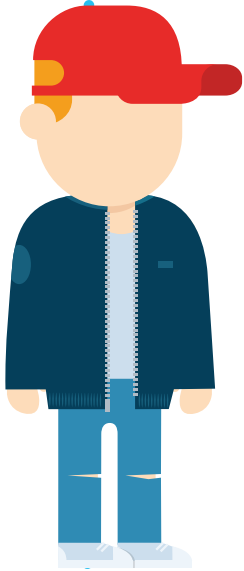
Session One: Understanding sleep difficulties



Exercise two: Something about me

In the boxes below draw or write something that will let us know something about you.

Something about me



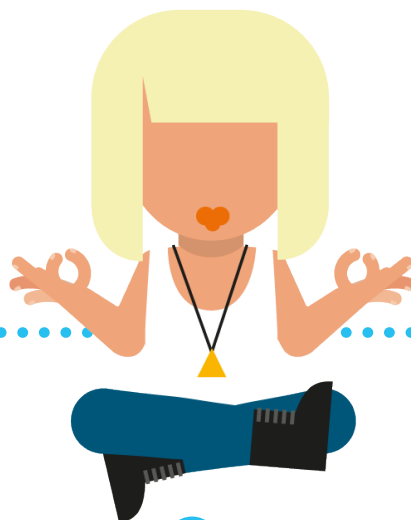
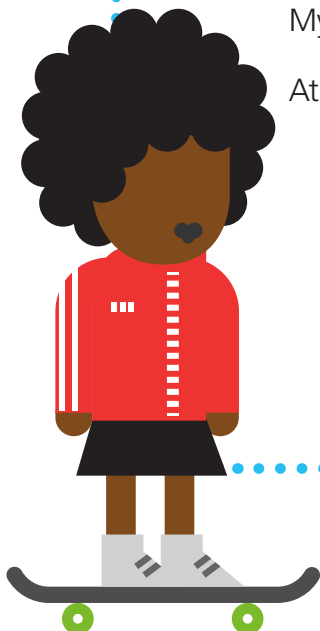
Need some help? Try to finish these sentences:

After school I...

My favorite food is...

My best friend is...

At the weekend I like to...





Exercise three: Why I am here

Circle below to show what your sleep looks like now.

I find it hard to fall asleep at bedtime

Yes Sometimes No

I find it hard to fall asleep at bedtime

Yes Sometimes No

I find it hard to fall asleep at bedtime

Yes Sometimes No

I find it hard to fall asleep at bedtime

Yes Sometimes No

I find it hard to fall asleep at bedtime

Yes Sometimes No

I find it hard to fall asleep at bedtime

Yes Sometimes No



Exercise four: Mission setting

What are some of the things that you find **hardest** about sleeping? Write or draw your answers.

1.

2.

3.

If you had a magic wand, what would you want to change about your sleep?



Can we help you on your mission to rescue your sleep?

Later we'll meet two heroes that will help you along your way!

For now... your magic wand changes will become your 'missions' for this workbook. We'll work together to learn some new skills and create a toolkit just right to tackle this special kind of mission.

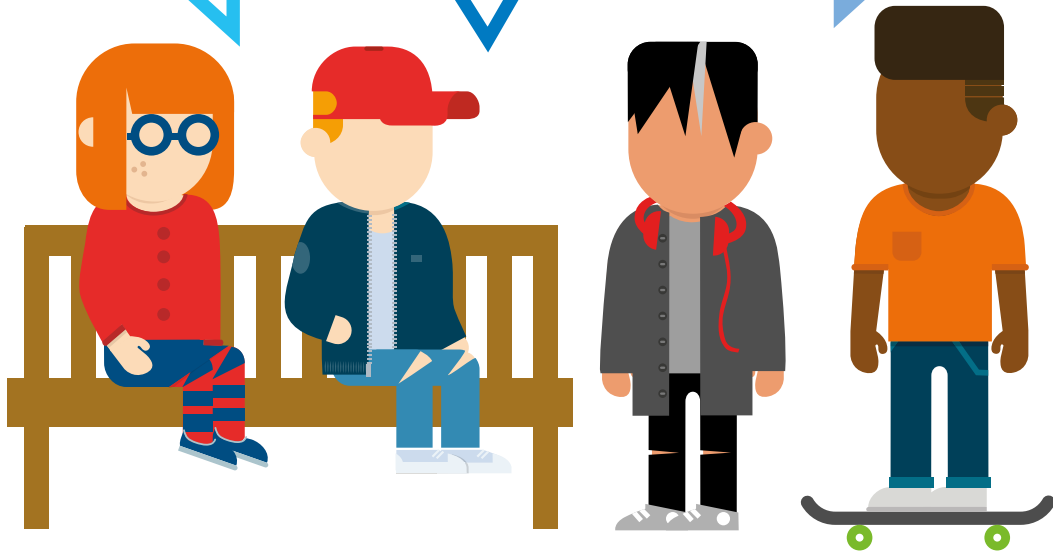


How normal is it to sleep badly?

Children your age are most likely to have nightmares
(Sinard, Neilson, Tremelay, Boivin and Montplaisir, 2008)

Having trouble sleeping has doubled for young people during the Covid-19 Pandemic!

76% of children have trouble sleeping
(Fricke-Oerkermann, 2007)



What causes sleep difficulties?

Tick those that apply to you:

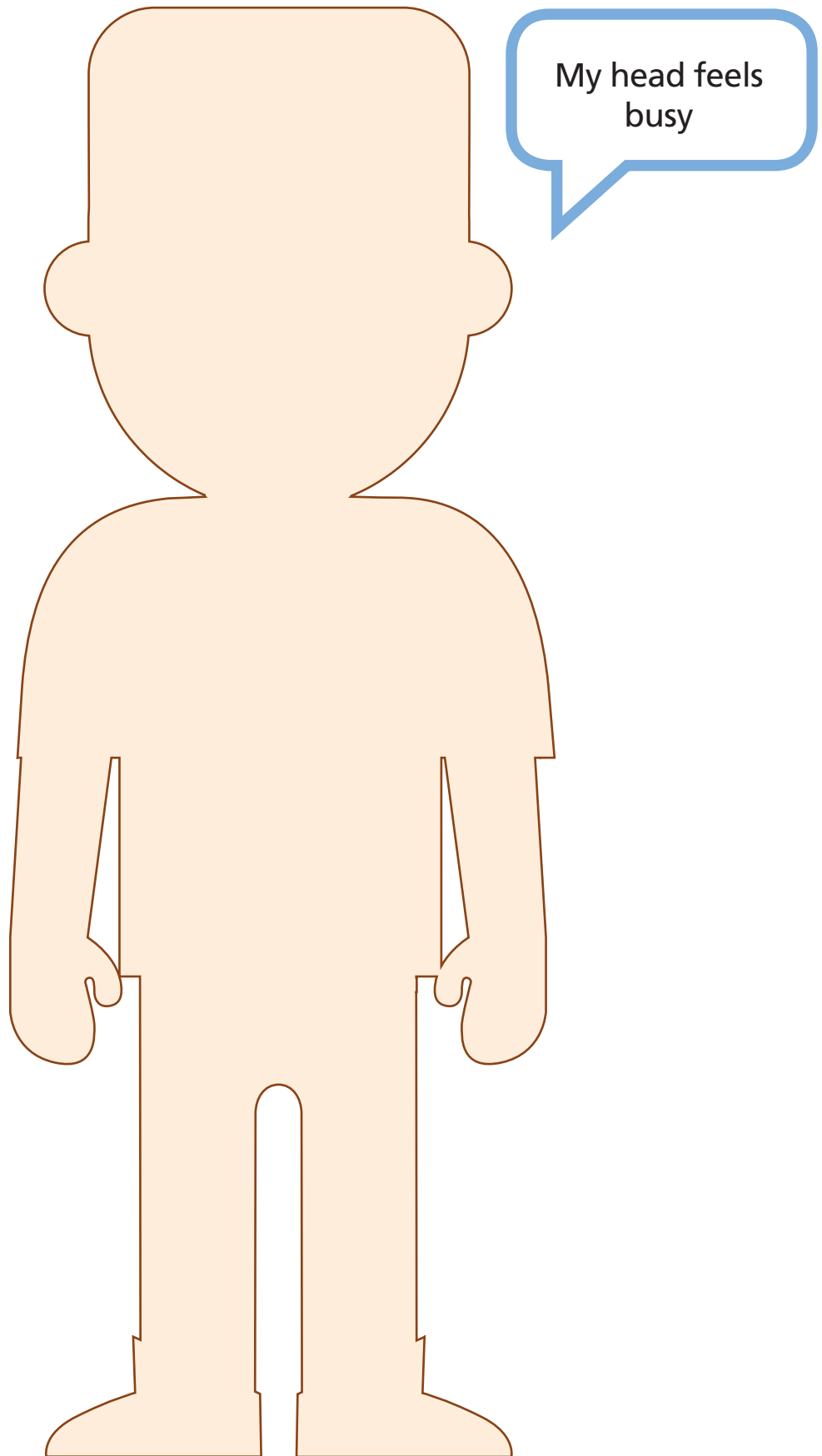
- Worrying about things (like getting poorly from COVID-19)
- Sad events happening at home (like someone leaving)
- Big changes happening in your life (like moving home or school)
- Feeling sad
- Not sticking to one bedtime routine?
- Having lots of sugary drinks or sweets
- Doing lots of activities before bedtime
- Having other problems in your body that hurt

See...
there are SO
many different
things that can
affect our
sleep!



Exercise five: How my sleep problems make me feel

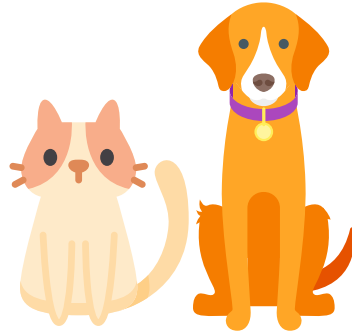
Write or draw around the body to show how it feels when you haven't slept well.



What is sleep **good** for and why do we need it? Tick from the options below:



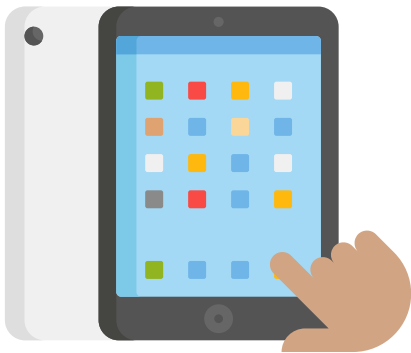
Playing with friends



Looking after pets



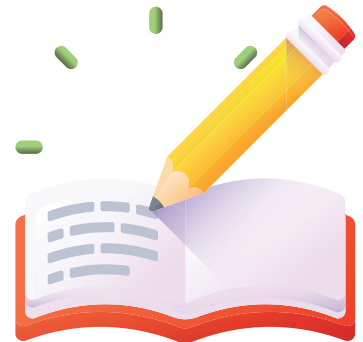
Exercise



Playing on my tablet



School



Homework

Can you think of what else sleep might be useful for?

.....

.....

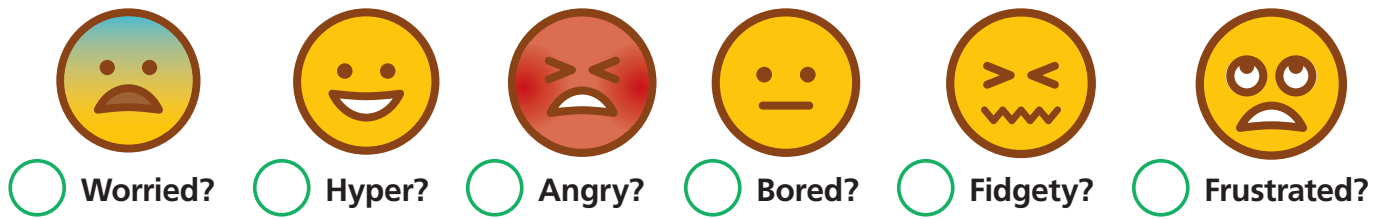
.....

.....

.....

.....

How do you feel if you don't have enough sleep?



Bonus task:

Can you show us how you look when you feel like each of the emotions you have ticked?

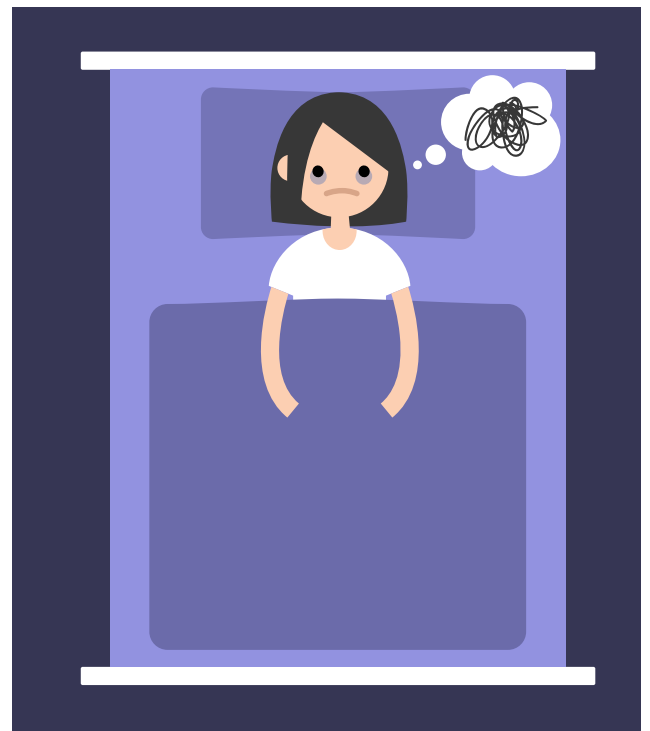
When we haven't had enough sleep - our mood and our body can do strange things.

Have you ever become over-tired, where you have been excited, fidgety and hyper before bed? It's helpful to learn to notice ALL the signs of tiredness - even if they might look different to what you would first think.

Our mind and body actually does a lot of work while we sleep to make sure we are our best selves the next day. Sleep gives our mind and body time for growth, making sense of emotions and helping our muscles rest and mend.

Without sleep, our body, mind and emotions struggle to work to their best.



The best sleep time depends on how old you are- for you, that could be between 9 and 12 hours of sleep.



Take home task:

To help you better understand your sleep difficulties complete the sleep diary on the next page for a week morning and evening. Remember to fill in each section and bring your completed diary to each session.

Sleep diary

Day	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Complete in the MORNING								
I went to bed last night at (time)	9.00 pm							
I fell asleep last night at (time)	10.30 pm							
I got up this morning at (time)	6.30 am							
I slept for a total of (hours)	8 hours							
I woke up during the night (# times)	3 times – 12.00, 3.00 and 4.15							
 Complete in the EVENING								
Number of sugary drinks today	1 Pepsi Max							
Time of last sugary drink	4.00 pm							
Exercise completed today (minutes or what you did)	30 minute dog walk and PE							
What I did in the hour before I fell asleep	Read a book and played a jigsaw							
Mood today? (0 = awful, 10 = great)	8							

Session Two: Sleep replanning

In this session we will use our sleep diaries from last week to work out our new sleep plan but first let's start with a quiz!



What do you already know about sleep?
Test your knowledge with the sleep quiz!



Exercise six: The sleep quiz

Answer the following questions to see how much you already know about sleep!

1] When you lose sleep one night, the next night you will need to sleep longer to catch up.

True

False

2] Do children need more sleep than a dolphin?

Yes

No



3] Whilst we're learning to sleep better, if you're tired in the morning you can keep yourself awake by...

A. Listening to loud music

B. Opening the windows

C. Taking a cold shower

D. All of the above

4] How many hours of sleep does a person your age usually need a night in order to feel ready for the next day.

hours

5] How many hours sleep does a lion (the KING of the jungle) sleep for?

hours



6] Eating a big lunch can make you sleepy...

True

False

7] Sugar is good for your sleep...

True

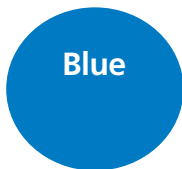
False

8] Which of these activities would be better to help us sleep?

TV

Reading a book

9] What colour can affect your sleep the most?



10] We dream in colour...

True

False

Now check your answers at the back of the book!

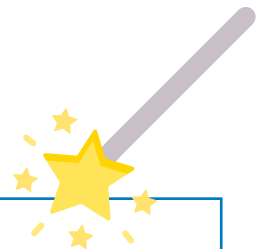
TOTAL =

Great work!



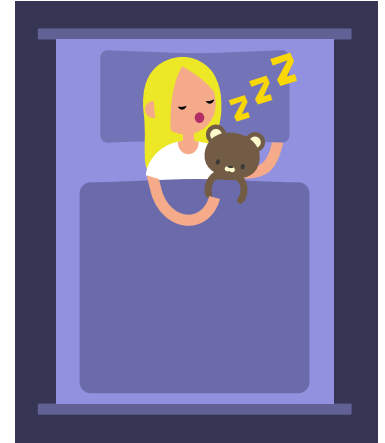
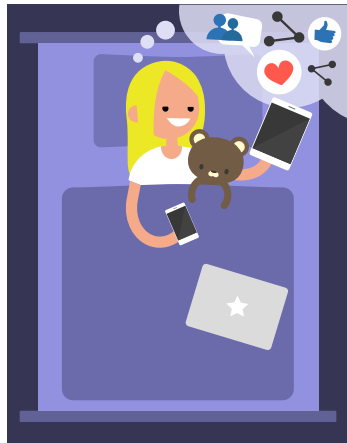
What have you learnt from completing the sleep quiz?

Time to review our sleep diaries, fill out the three stars to show what went well and a wish to show what you'd like to still get better at to succeed in your missions:



How much time do I spend in bed?

- It is important to look at the amount of time we spend in bed awake compared to the time we are actually asleep.
- A good sleep routine would mean we are asleep nearly the entire time we are in bed. This would help us feel the best the next day.
- It's important to look at this to help our brains see our bed and think... **TIME TO SLEEP!**
- Look back at your sleep diary to see the difference between how long you were in bed and how long you were actually sleeping for:

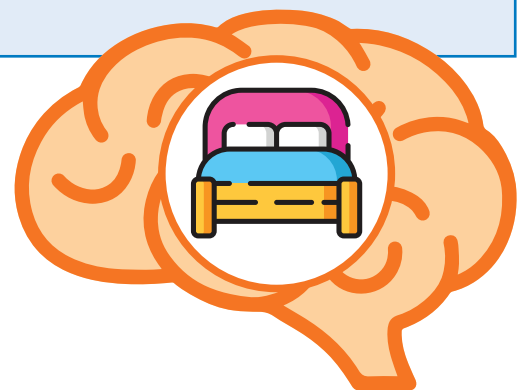


To get us started, there's a few things to have a think about already:

- Are you doing activities in bed such as playing on your tablet or watching TV? If you are, it would be more helpful to do these activities away from your bed to help your brain to see your bed and think **TIME TO SLEEP**.
- Are you sleeping in your own bed and is it comfortable enough?
- Are you going to bed at the best time for you to get 9 - 12 hours sleep?

Over the next week focus on your bedtime routine being full of activities to relax you and your brain and for it to come to an end, in your bed, with no distractions, closing your eyes at a time that will let you have 9-12 hours sleep.



This will help retrain your brain to see your bed and think **TIME TO SLEEP** instead of a place to worry, play games or watch TV.



Take home task:

Complete another sleep diary for this week to see if your new bedtime is helping with your sleep! Ask an adult to help you complete this if you need to.

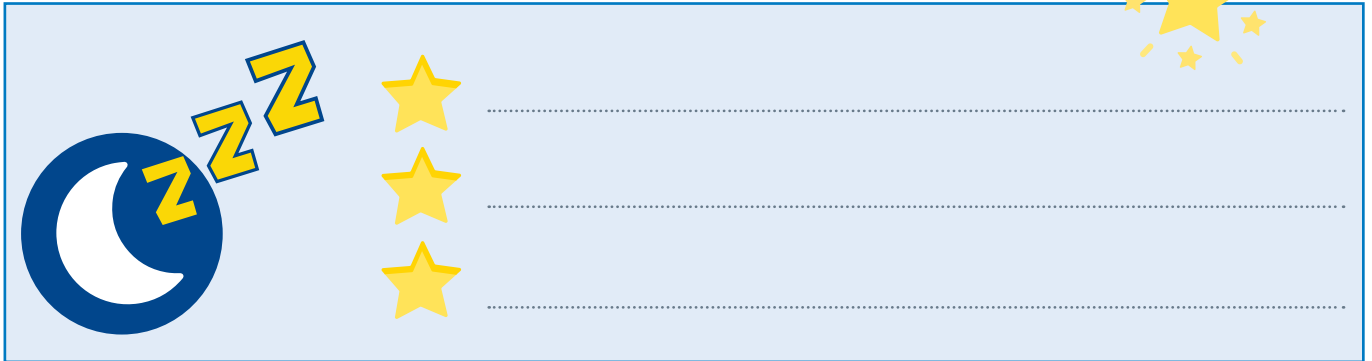
Sleep diary

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Complete in the MORNING							
I went to bed last night at (time)							
I fell asleep last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							
 Complete in the EVENING							
Number of sugary drinks today							
Time of last sugary drink							
Exercise completed today (minutes or what you did)							
What I did in the hour before I fell asleep							
Mood today? (0 = awful, 10 = great)							

Session Three: The science of sleep

Time to review our sleep diaries, what went well, what didn't.

I have learnt:



In today's session we will look at the **body** and the **stages of sleep**.

Did you know?

Our brain never sleeps - even when we are!



Sleep and the brain

Our brains are still changing until we reach 27 years old! During this time, it is always changing to help us grow!

It's normal to wake up in the night - we all wake up every hour and a half for short periods of time!

Luckily, children's brains are super and can keep up with all these changes thanks to all the sleep we get!

Having naps can often make it harder for us to get to sleep!



The body and sleep

Our body follows a cycle that is 24 hours long **every day** - this cycle acts like a clock inside of our brain and body that tells us what time it is.



When our 'clock' is set up properly we sleep well and notice all the helpful things about sleeping well. Our bodies have time to grow and get ready for the day ahead.

When the clock isn't set up right, we can; struggle to fall asleep, have trouble staying asleep and can wake up too early. The sleep we do get can often not feel as good too.

To keep our 'clock' working well we need to boost serotonin in the morning and melatonin in the evening. **Our two superhero friends are here to help!**

Serotonin

During the day, when it is light, signals are sent to our brains to make us **awake**.

Our brains send out something called serotonin which helps us to feel **energised**.



Melatonin

At night, when it gets darker, our brains send out something different - melatonin.

Melatonin makes us feel **sleepy** and helps us sleep all the way through the night until morning.



Our superhero friends Magnificent Melatonin and Super Serotonin have been working really hard to help us feel sleepy at night and awake in the morning but at the moment some things are getting in their way.





Exercise seven: Resetting our body clock!

Look at these pictures – which ones can help Super Serotonin keep us awake and which ones can help Magnificent Melatonin send us to sleep?



Sugary and energy drinks



Regular routine



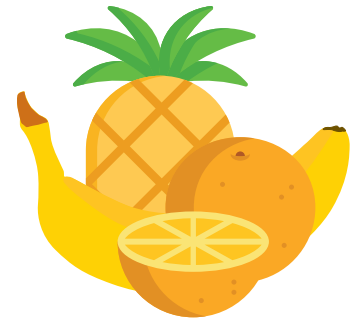
Tablet



Reduced lighting



Sugar



Bananas, oranges and pineapple



Playing video games in bed



Reading



Taking a bath



Taking a nap



Exercise



Can you help me in my sleep mission? Write or draw the activities that can help my powers on the top of the page...



Can you help me in my mission to wake you up? Write or draw the activities that can help my powers on the bottom of the page...

Is there anything special that will help you on your sleep mission?

Maybe you have a weighted blanket, a favourite teddy or a special routine before bed?

Note these down here... they are important not to forget. Everyone's sleep mission is different!

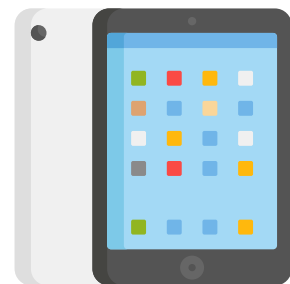


What can **STOP** Magnificent Melatonin from helping us sleep?



Sugar can make it really hard for us to sleep! Sugary drinks can also contain lots of caffeine. Both sugar and caffeine give us big bursts of energy which is not what we want when it's time for bed. We want to be calm and relaxed so our body and mind can rest and do all those important jobs to get us ready for the next day.

The blue light that shines from our phones and games can stop Magnificent Melatonin from using their powers. Help save the night by avoiding your games for at least **1 hour** before bed!



Try not to nap for too long... especially later in the day - like after school! Magnificent Melatonin's superpowers will be all used up before its time for bed.

Exercise can be good to help burn our energy and make us feel tired but try to not get too excited just before bedtime... if you feel like running around or playing a game right before bed then try to plan it earlier in the day tomorrow!





Playing video games near bedtime will make our minds stop us from winding down. If you play these in your room or in your bed your brain will begin to see your bedroom as a thinking space and a place to be alert. This will make it hard for Magnificent Melatonin to start working and make us sleepy. Help Magnificent Melatonin out and try to only use your bedroom for sleep.

Things that will **HELP** Magnificent Melatonin give us a good night's sleep



Keeping a good **routine** throughout the day is very helpful for our body clock. This might be playing, eating and sleeping at the same time every day. Try not to eat a big meal just before bed and try some sleepy foods instead!

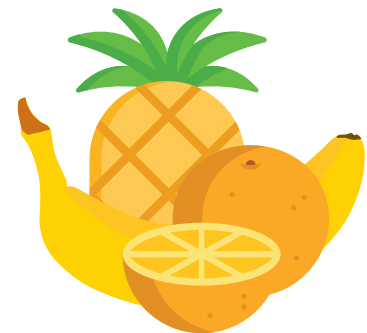
Exercise is **super important** to help us sleep! Big exercises like playing chase, jumping and playing sports are great **early** in the day and exercise like stretching and walking your pets can help us to wind down before **bed**.



Choosing a calming activity before bed can help our minds to 'switch off'. Reading can help our mind and our body to relax - we can do it by ourselves or with an adult!

If reading is not your thing, what about a jigsaw?

Some foods can really help Magnificent Melatonin. Bananas, oranges and pineapples are good for this. Other foods that can help us sleep are; milk, oats, almonds, kiwis and yoghurt.



Sometimes the dark can seem scary but it really is the best for sleeping! If you need a night light – use a red night light.

Having a warm (not too hot) bath can help us to get our bodies to a good temperature for sleep - and can make us feel sleepy too!



Things that will **STOP** Super Serotonin from waking us up



Not eating enough food to keep us going during the day can make it really hard for Super Serotonin's powers to work! It's important to make sure we're eating enough during the day – breakfast, lunch and dinner with snacks in between.



Super Serotonin struggles to work when lots of worry and stress is around! If you feel worried a lot, it's important to talk to adults you trust about it and see what they can do to help.



Being stuck inside (all day!) can make stop Super Serotonin from reaching you. It's important to take breaks outside, otherwise we can **feel tired all day!**

TOP TIP

As our routines change through this book, we might feel more tired in the mornings and struggle to wake up. If we're sleeping too much, Super Serotonin might need to help us with their powers to give us an extra push!



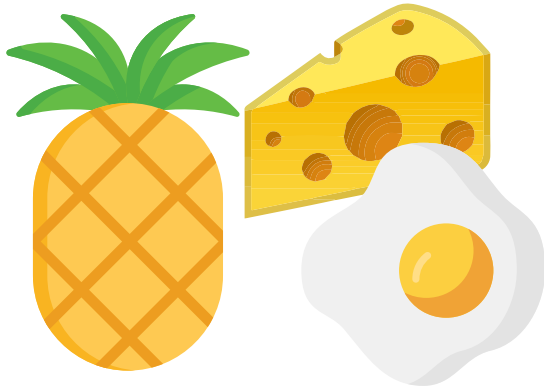
Things that will **HELP** Super Serotonin to wake us up

Even 4 minutes of sunlight a day can help boost Serotonin's powers which can help you sleep better and wake up more awake. Try a morning walk or opening a window first thing in the morning!



A cold shower, or even just quickly washing your face with some cold water can help wake up our brain and give us a head start in the day!

Getting some exercise in every day boosts Super Serotonin all around our body, making us feel great all day!



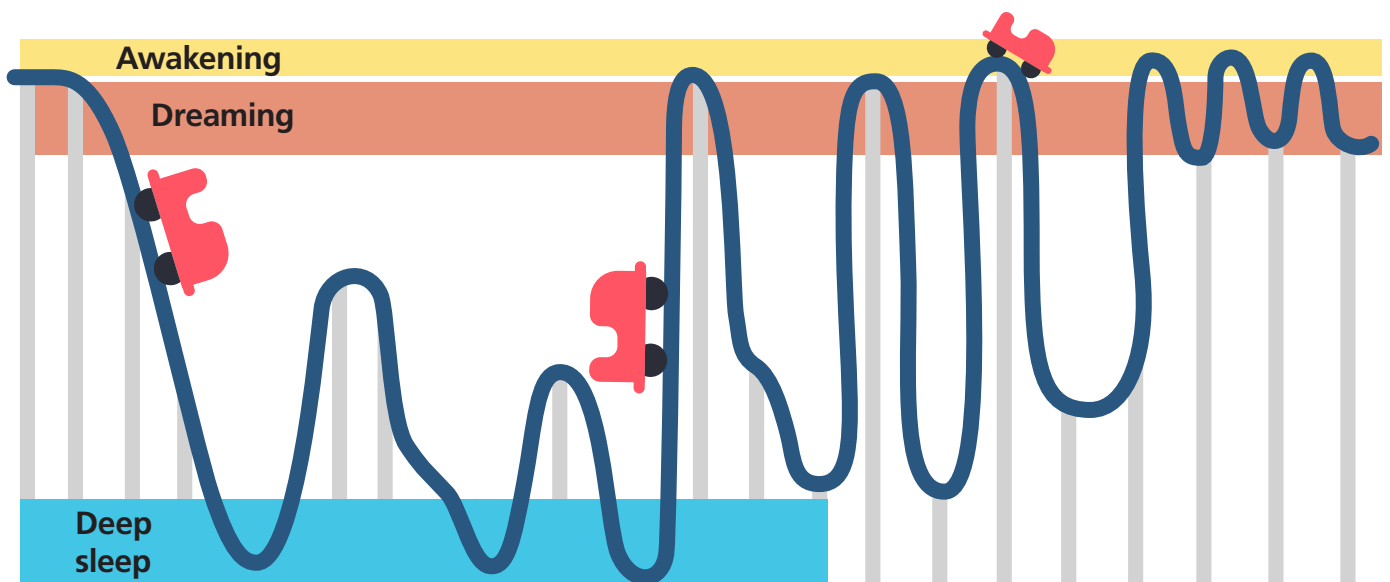
Scientists have found out that having eggs, cheese or pineapple in our breakfast can really help boost Super Serotonin. If these aren't your favourite foods add these in when you can... but having any kind of fun tasty breakfast will help fuel you for the day!

A big cuddle from someone we care about or a squeeze in our body can help boost Super Serotonin and help us wake up right!



The Sleep cycle (90-120 minutes)

When we are asleep, we go through the different stages of sleep – this is called the **sleep cycle**. We might go through this cycle up to five times every night! This roller coaster shows what our night sleep looks a bit like. You can see that during our sleep cycle we actually reach the awake stage a few times. So, if you do wake between cycles – just know that this is part of how everyone sleeps and try to turn over and let yourself drift back to a deep sleep.





Take home task: Putting it into practice

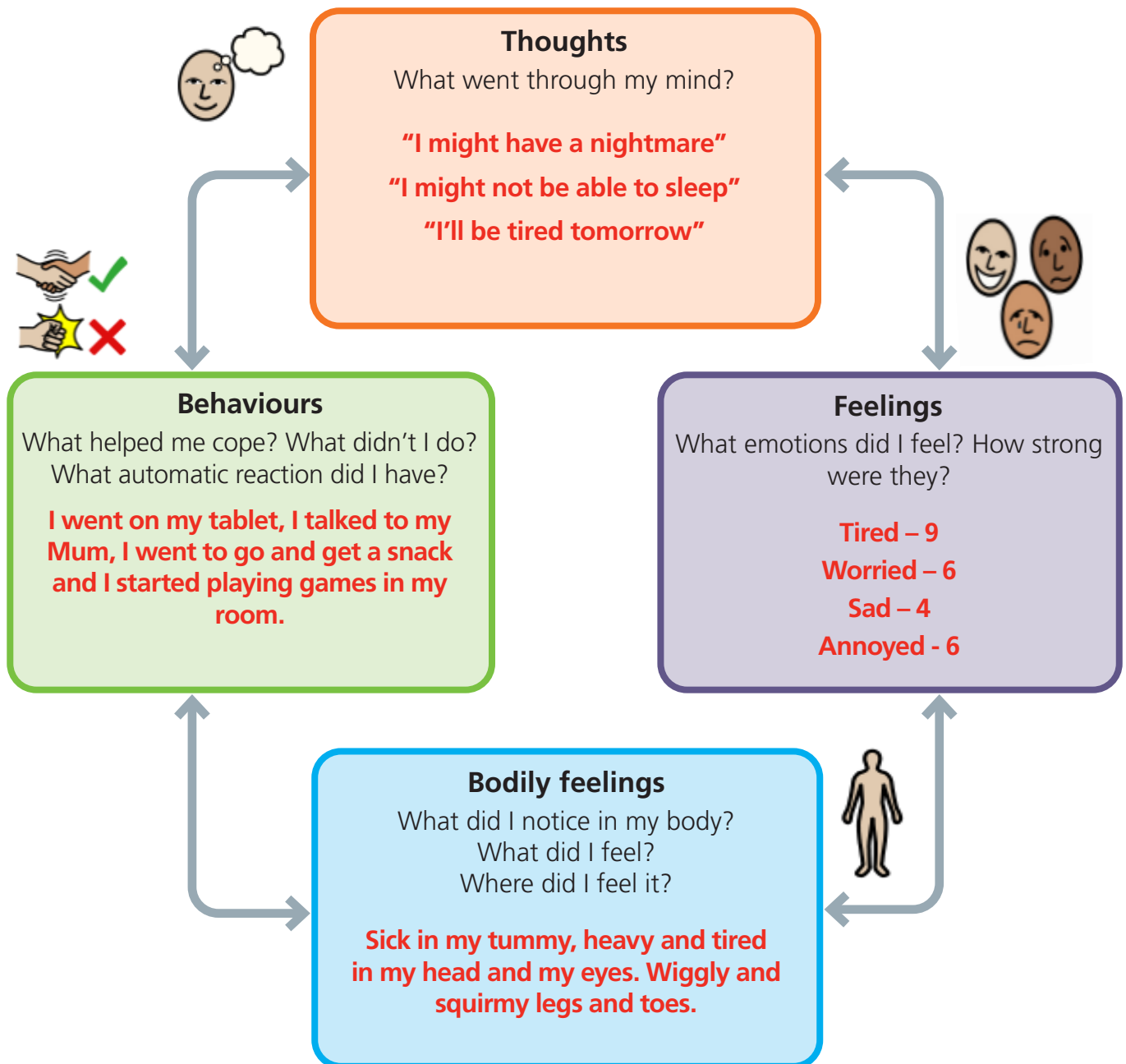
What will you try from this session to improve your sleep? Make a list and review how helpful you found each exercise or tip using the table below.

Exercise/sleep tip	How much did this help my sleep (rate from 0-10, where 10 is very helpful)	Is there anything I could do differently next time?

Session Four: Your thoughts and sleep

Everyone has bad, sad or worrying thoughts from time to time but we know that the way we think can change how we feel inside our body and what we do 'outside' - including sleeping!

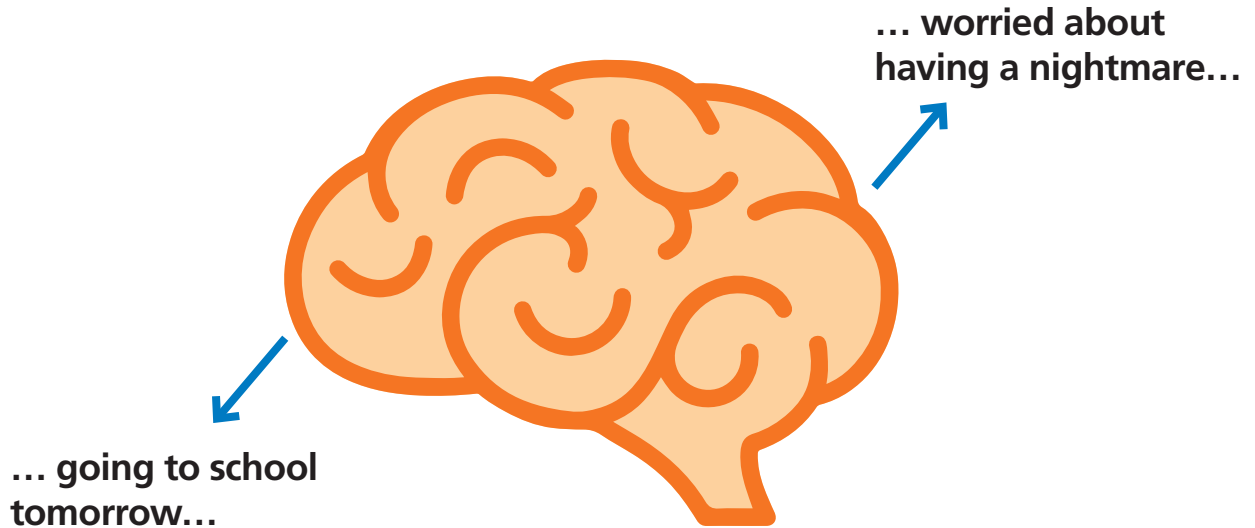
This can become a negative cycle where the things we do to change our thoughts can make us feel even worse! The good news is that a cycle can be broken and by making some changes we can start to turn a negative cycle into a positive cycle.





Exercise eight: What's on your mind?

Label the brain with some of the things that may be worrying you at night:

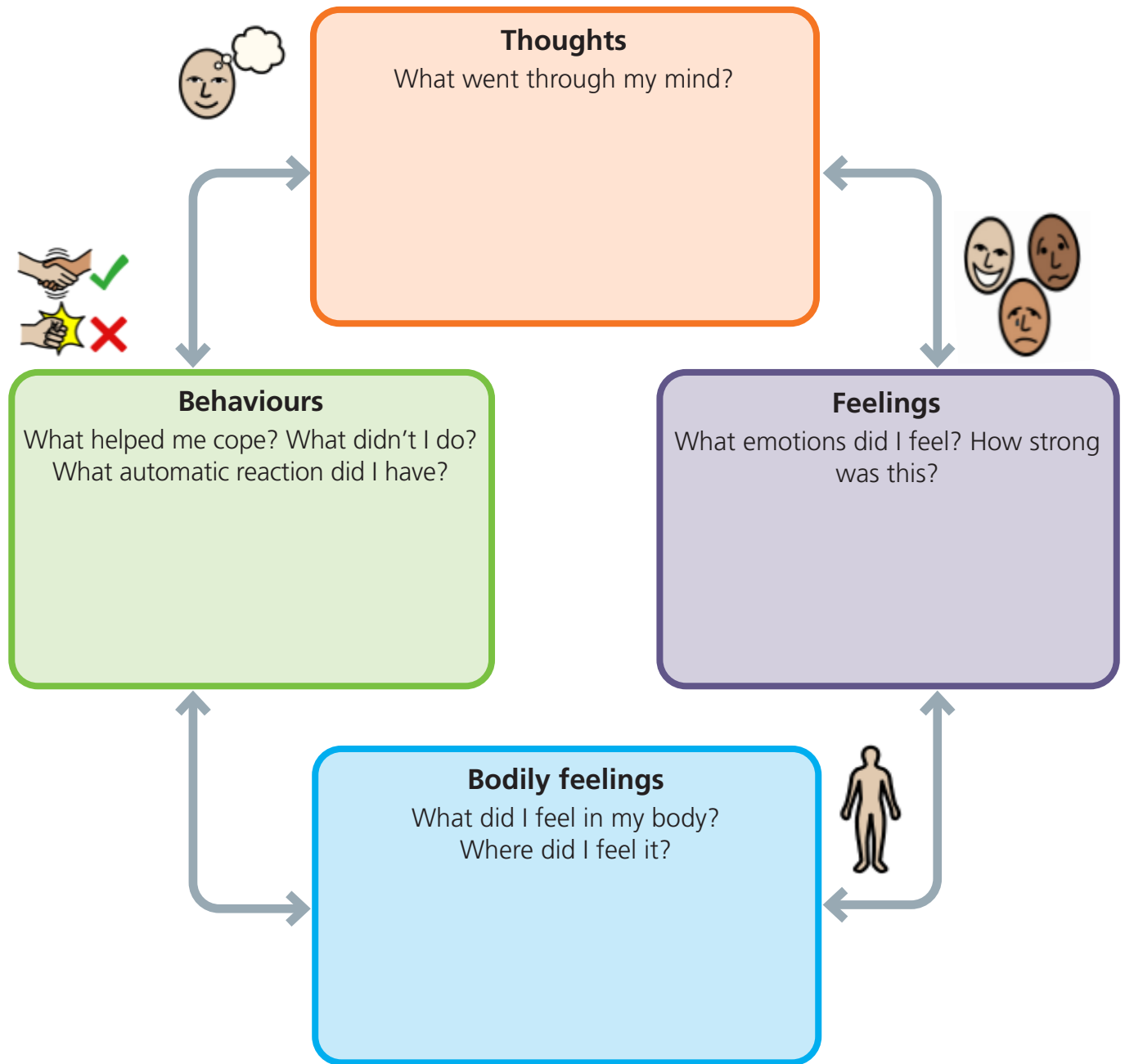


Do you ever have any nightmares? Here's some space to talk about them or draw them out ... this might help to get them out of your brain too!

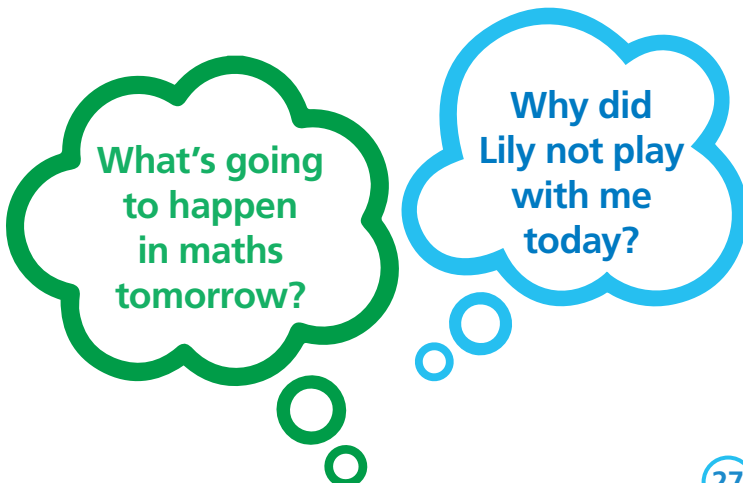


Exercise nine: What happens when you can't get to sleep?

Map out your cycle below to see what we might be able to change to sleep better! Use the example from 2 pages ago to help with this if you are unsure.



Dealing with a racing mind



Ever felt like you can't switch your brain off? Lots of people have 'thinking time' when they go to bed - thinking about everything that has happened in the day and might happen tomorrow. Sometimes we can get 'stuck' and worry about lots of things that might go wrong. These worried thoughts and 'racing mind' makes it even harder for our bodies to relax and drift off to sleep.



So... what can you do?



Leaving the day behind

1. Set aside 20 minutes every day after you've had your tea (same time every day).
2. Sit somewhere on your own or with an adult you trust.
3. Think about what has happened today and any feelings you have about tomorrow. **Are you excited? Nervous? Calm?**
4. Talk about what you're thinking and feeling. Is there anything left over? Can you make a plan together to get it done? **Do you need to do your homework before Friday or pack your PE kit?**
5. When bedtime comes, remind yourself that you already have a plan! If new thoughts pop up, write them down to deal with them in the morning. Maybe keep a fun notebook by your bed!

Relaxation exercises

Do you have any favourite things to do to relax or feel calmer? Note them down or draw them here:

A large, empty rectangular box with a light blue background and a thin blue border, intended for drawing or writing a relaxation exercise.

Do you have a pet or favourite person?

A large, empty rectangular box with a light blue background and a thin blue border, intended for drawing or writing a relaxation exercise.

Do you read or play a game?

A large, empty rectangular box with a light blue background and a thin blue border, intended for drawing or writing a relaxation exercise.

What music or movie might work?

New ideas to try

You're already doing some great things to help your worry! You might want to try out some of these relaxation or soothing strategies to help as well. Test them all, see what works for you and what you find the most **fun!**

Progressive muscle relaxation

Preparation:

Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively, sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

Instructions:

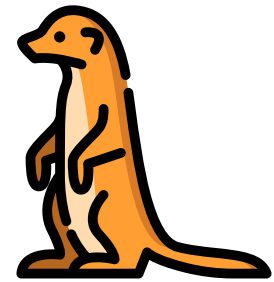
1. Take 5 deep breaths, in and out.
2. Work through each exercise on the next page, tensing and relaxing the different body parts.
3. Practice slow breathing throughout.
4. Focus on the bodily feelings which come with relaxation, as you release each time.

 Hands and arms	 Pretend you're holding a lemon	 squeeze the lemon	5 Hold tight for 5 seconds	 Release
 Shoulders and neck	 Pretend you're a tortoise	 Raise your shoulders to hide in your shell	5 Hold tight for 5 seconds	 Relax your shoulders and neck
 Face	 Pretend a fly is on your nose	 Scrunch your face to wiggle the fly	5 Hold tight for 5 seconds	 Relax your face
 Mouth	 Pretend to bite on a carrot	 Keep your teeth together	5 Hold tight for 5 seconds	 Relax your mouth
 Legs	 Stretch your legs and squeeze	 Like you're getting as high as you can on a swing	5 Hold tight for 5 seconds	 Relax your legs
 Tummy	 Tuck in your tummy	 Like you're squeezing through a fence	5 Hold tight for 5 seconds	 Relax your tummy
 Feet	 Imagine a feather is tickling your feet	 Scrunch your toes like a ball of paper	5 Hold tight for 5 seconds	 Relax your feet
 All together	 Squeeze everywhere	 From your head to your toes	5 Hold as tight as you can for 5 seconds	 Relax

You might find it easier to **listen** to the relaxation exercise. Here is a link to a 15 minute guide to progressive muscle relaxation: <https://www.youtube.com/watch?v=912eRrbes2g>

Meerkat paw

Pretend you're a meerkat and your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?



Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you do it.



Stretching cat

Pretend you're a lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.



Twinkle Toes technique for when you're feeling fidgety in bed

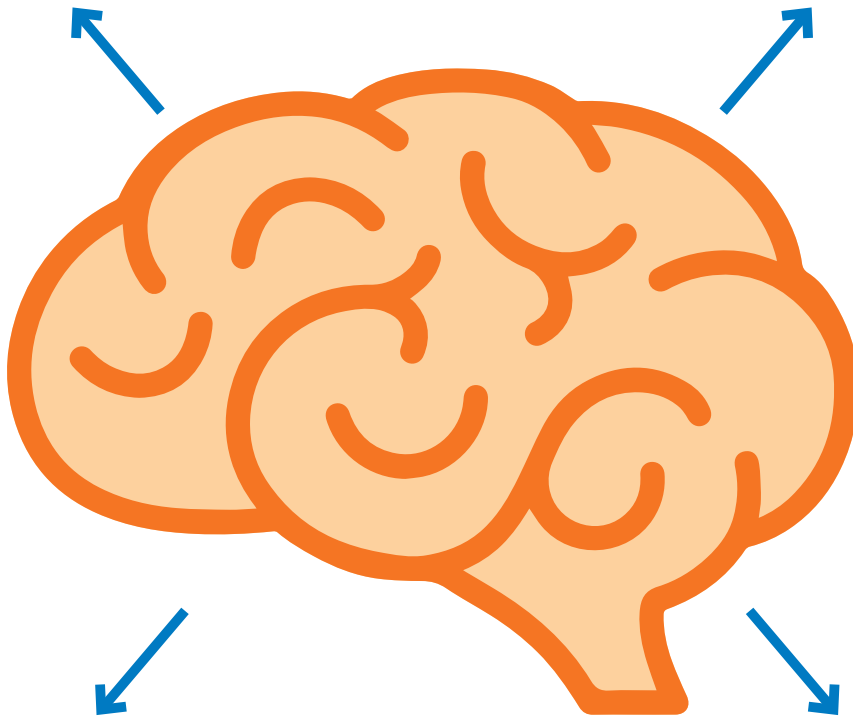
Lay in bed on your back. Point your toes like a ballerina to the end of your bed. Now slowly point your toes to the ceiling. Every time you point your toes to the end of your bed take a deep breath in and then as you rise your toes to the ceiling, breath out. Repeat at least 10 times, moving as slowly as you can!





Take home task: Brain dump

1. Use the worksheet on the next page to write down all the things that might be keeping you up at night. Once you've done this practice your favourite relaxation exercise to help your body get ready for sleep!
2. Use the sleep diary on the next page to take a closer look at your sleep. We can look at the differences together next week!

Here's a place to write/draw/type any of the things that are worrying/stressing or keeping you awake.



Sleep diary

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Complete in the MORNING							
I went to bed last night at (time)							
I fell asleep last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)							
I woke up during the night (# times)							
 Complete in the EVENING							
Number of sugary drinks today							
Time of last sugary drink							
Exercise completed today (minutes or what you did)							
What I did in the hour before I fell asleep							
Mood today? (0 = awful, 10 = great)							

Session Five: Bringing it all together

Time to take a look at our sleep diaries! What went well and what didn't?



I have learnt:

What we have done so far and planning for the future...

Answer the following questions to help you think how far you have come and to plan for how you can keep going on your sleep journey!



How has your sleep changed from session one to session five?

Session 1: /10

Session 5: /10 Why do you think it has changed?

Has the time you go to sleep changed?

Have you succeeded with your sleep **missions**?

If not, what needs to **change** in order for you to continue to improve your sleep?

If yes, what has helped you the most?

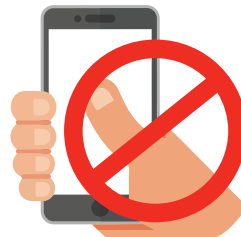
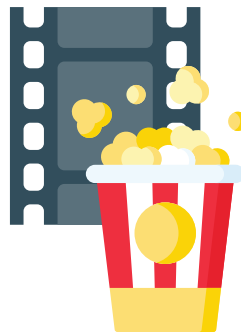
Can you think of any times in the **future** when sleep might become hard again?

If so, what could you try to help this?



Exercise ten: My good sleep kit

What could you start using in your sleep tool kit to keep going with your sleep mission? Circle any of the images that apply to you below.



What other tips, exercises or activities from this workbook could you add to your mission kit?

Remember it is normal for sleep to become jumbled from time to time however it can be helpful to have a thought-out plan that reminds us to keep practicing all the skills that you've learnt in this workbook.



Exercise eleven: My sleep plan


Bring together everything you've learnt in this workbook by filling out the plan below.

My sleep plan

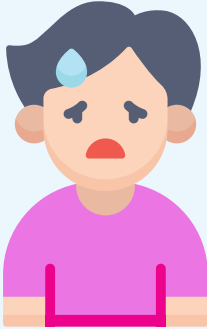
I will be in bed by...

:	Can you estimate a time here?
---	-------------------------------


If I can't sleep I will try...



Things that are worrying me...



I can manage these worries by...



Useful information

NHS approved apps



Pzizz

Get help to calm your mind, fall asleep fast, stay asleep, and wake up refreshed.

Free with in-app purchases



Stop, Breathe and Think

The app for meditation and mindfulness, has a unique approach that allows you to check in with your emotions.



Mind Shift

Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Headspace

Teaches you the basics of meditation and mindfulness.



Moshi Kids: Sleep and Meditation

Stories, sounds and white noise to help settle down for sleep.



Mindful Gnats

Teaches you simple mindful and relaxation skills. App and desktop versions.

Free

Helplines

- **Childline 0800 11 11**
Free confidential 24hr helpline for young people who are aged up to 19 years old.
- **Samaritans 116 123**
Free confidential 24 hour helpline.
- **Papyrus HOPELineUK 0800 068 41 41**
Free confidential helpline for anyone concerned about a young person at risk of harming themselves. Open weekdays 10am – 5pm, 7pm – 10pm; weekends 2pm – 5pm.



Support groups

- **Young Minds www.youngminds.org.uk/**
Charity committed to improving the mental health of young people. Support for those worried about a young person's behaviour or mental health. Provides information leaflets.
- **Rethink Helpline 0300 500 0927, www.rethink.org**
Provides information and a helpline for anyone affected by mental health problems.
- **Mind Helpline 0300 123 3393, www.mind.org.uk**
(Mon-Fri 9am – 5pm) Provides information on mental health problems and treatments.



Notes and questions page



Things I want to remember...

Things I want some more help with...

Quiz Answers – no peaking!



Check your answers here and go back to write in your score!

1] When you lose sleep one night, the next night you will need to sleep longer to catch up.

True

2] Do children need more sleep than a dolphin?

Yes



3] Whilst we're learning to sleep better, if you're tired in the morning you can keep yourself awake by...

D. All of the above

4] How many hours of sleep does a person your age usually need a night in order to feel ready for the next day.

10 hours

5] How many hours sleep does a lion (the KING of the jungle) sleep for?

18 hours



6] Eating a big lunch can make you sleepy...

True

7] Sugar is good for your sleep...

False

8] Which of these activities would be better to help us sleep?

Reading a book

9] What colour can affect your sleep the most?

Blue

Pale blue

10] We dream in colour...

Both! We dream in colour, but around 1 in 10 people can only dream in black and white.

True

False