



COFFEE
& CHAT
SLEEP

How the session is going to look

- 01** Welcome
- 02** Sleep – theory (CFHS)
- 03** Sleep – practical (YMCA East Surrey)
- 04** Sleep – complex physical and learning disabilities (Heartlands)
- 05** Network groups
- 06** The Big Sleep Campaign (Public Health)



Sleep and why it matters

Special School Nursing
Service 2023





What is sleep?

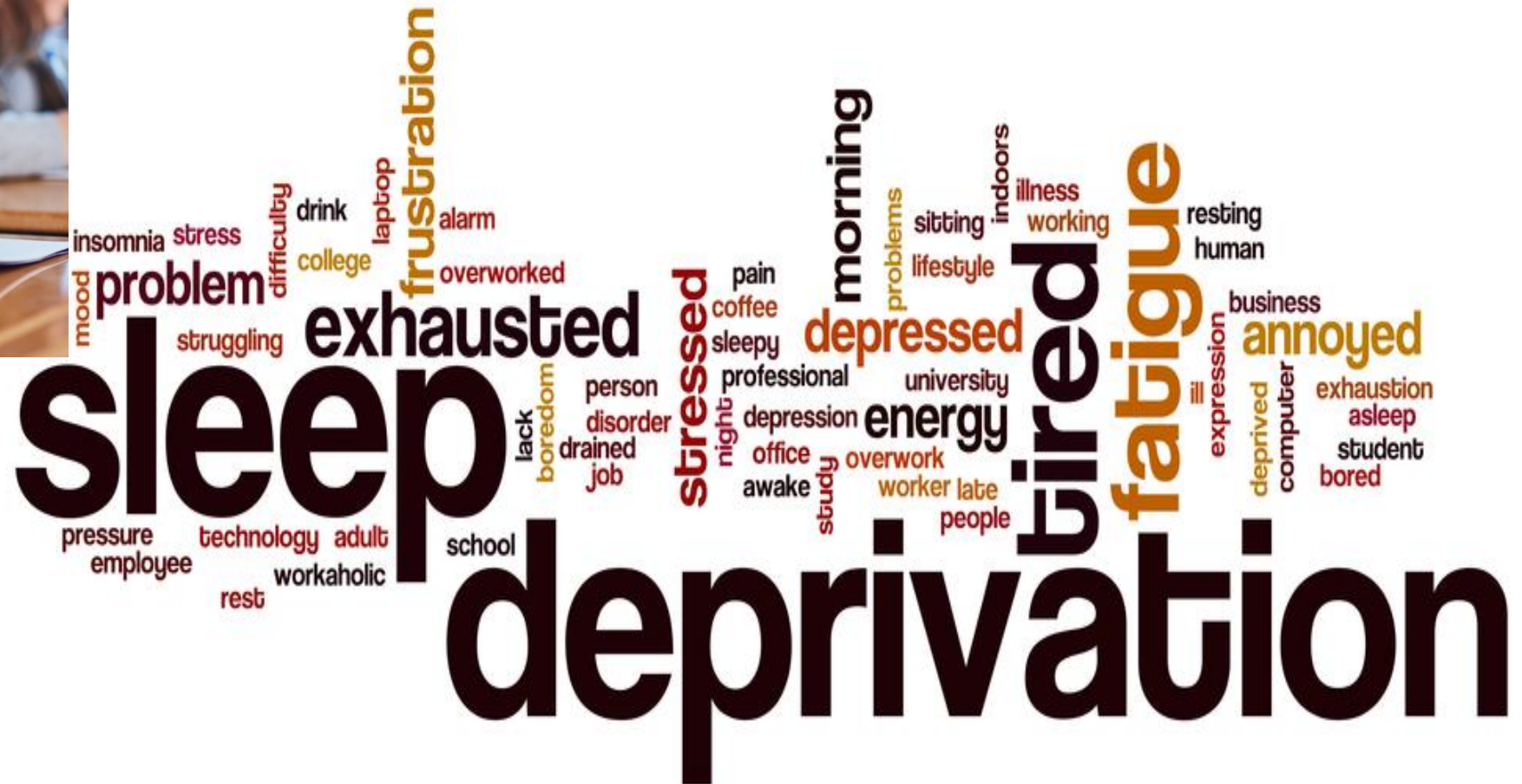
Sleep is:

- a natural behaviour
- Lots of important processes take place

Lack of sleep affects our:

- emotional wellbeing
- physical health

How do we feel when we don't get enough sleep?



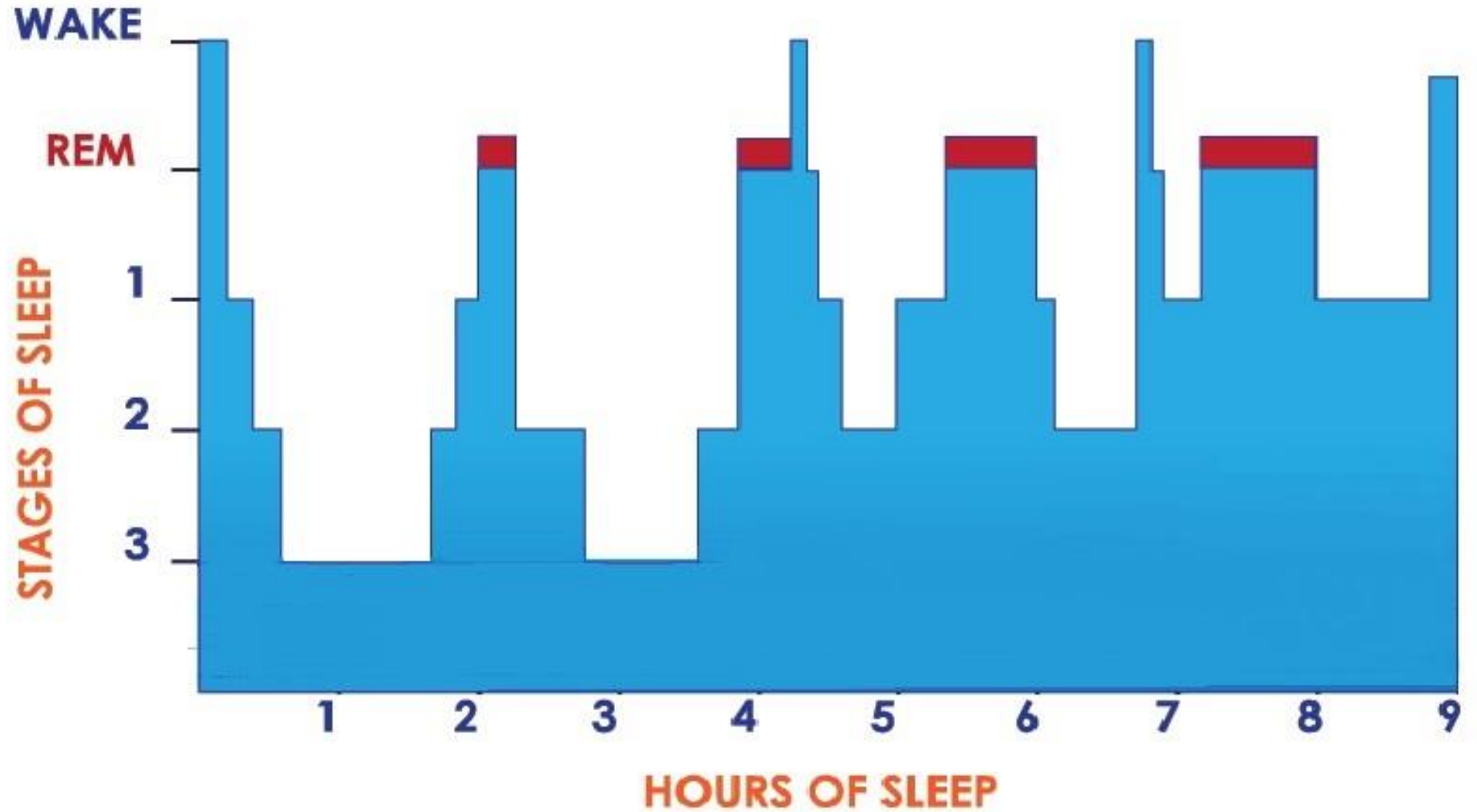
Sleep and physical wellbeing

Hormone release

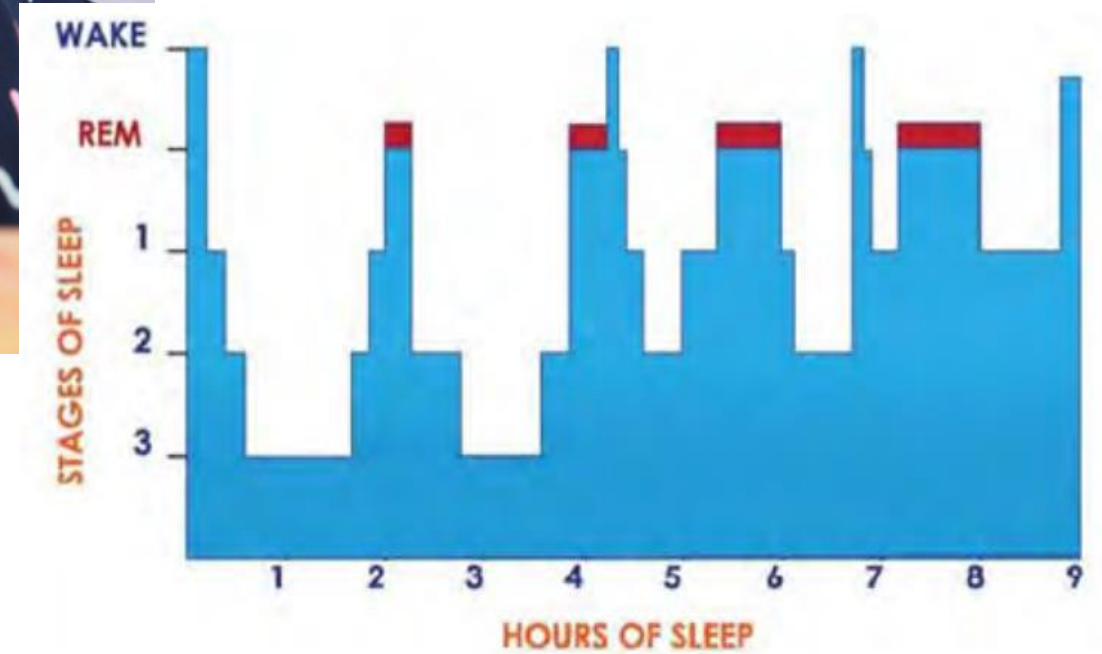


- Increases height in children and adolescents
- Increases muscle mass
- Strengthens bones
- Boosts immune system
- Contributes to cell repair
- Breaks down fat
- Helps develop reproductive organs

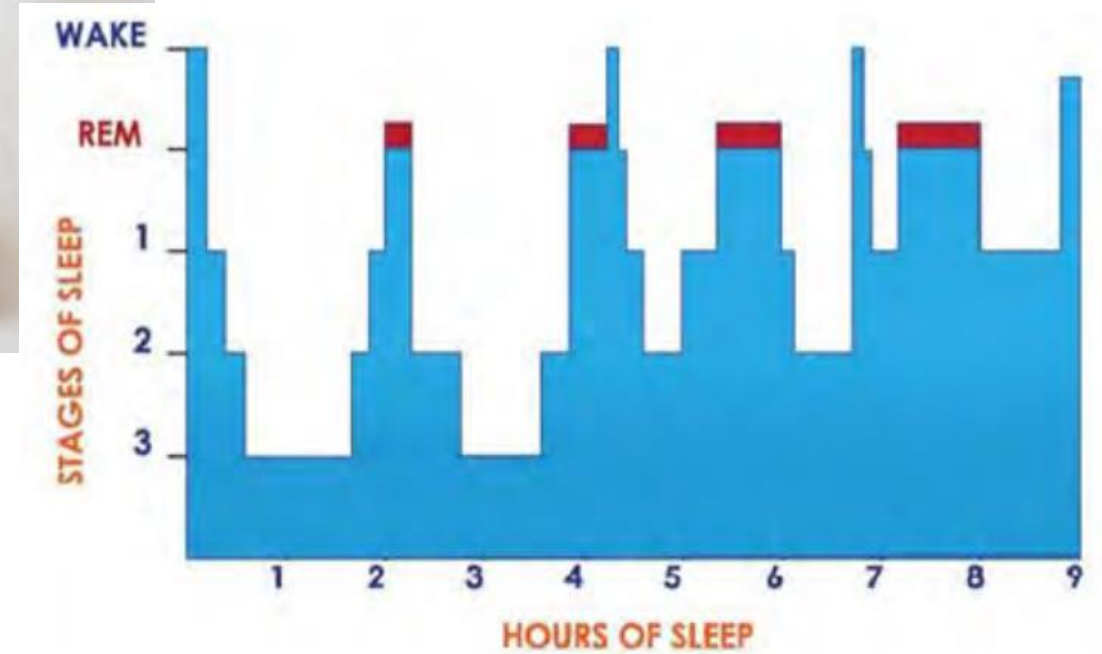
Hypnogram



Non rapid eye movement stages



Rapid eye movement stages





The Body Clock

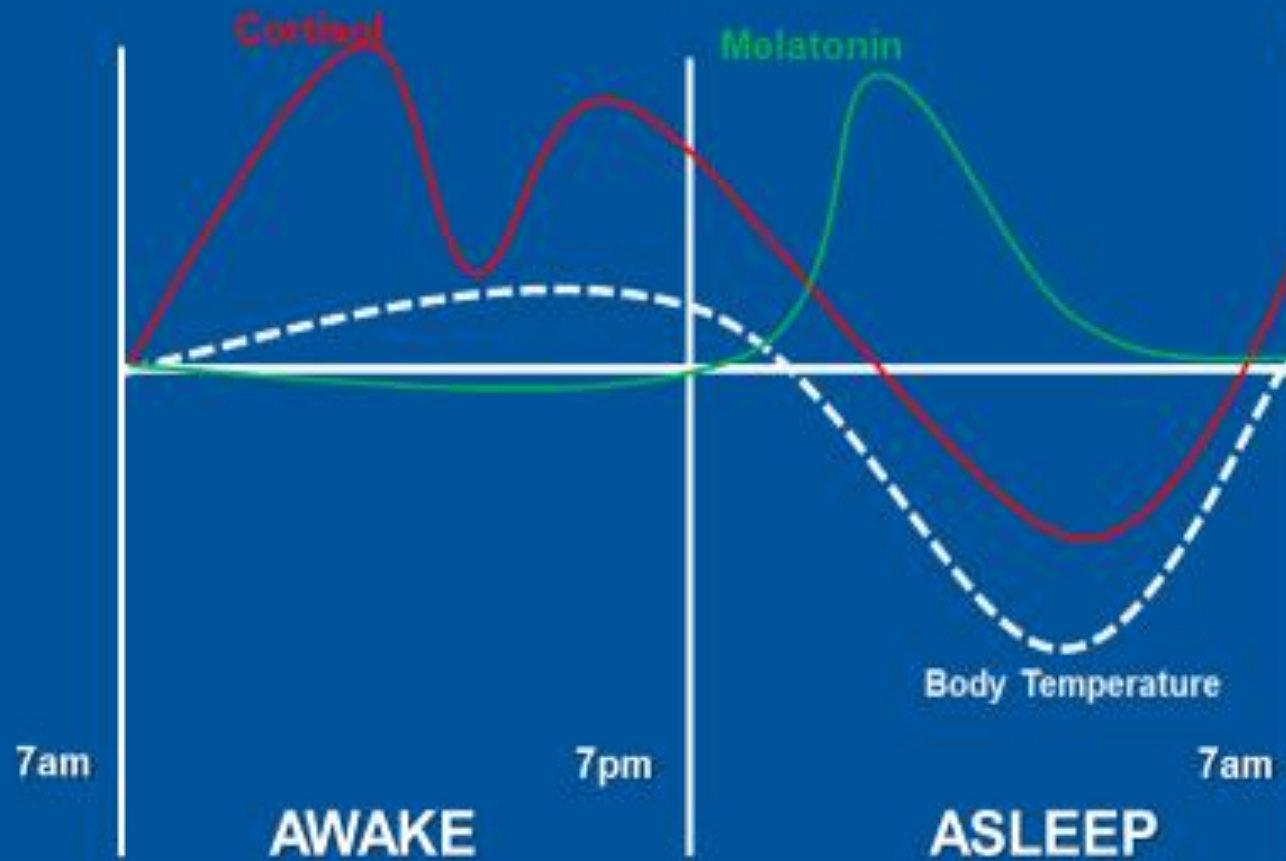
Body clock governs the circadian rhythm

Our body clock:

- controls many of our bodily functions including sleep
- prompts the release of two hormones, which affect our sleep
 - melatonin
 - cortisol

Circadian Rhythm & Sleep

Sleep
Surrey



How much sleep should we be getting?



Insomnia – common sleep disorder

When a person regularly...

- finds it hard to go to sleep
- wakes up several times during the night
- lies awake at night
- wakes up early and cannot go back to sleep
- still feels tired after waking up
- feels tired and irritable during the day
- find it difficult to concentrate during the day because you're tired
- Falling asleep in class/work



Prevalent in Children & Adults	Prevalent in Children using different criteria than Adults	More prevalent in Children than Adults	Unique to Children by definition
*Delayed sleep phase syndrome	Obstructive sleep apnea	Sleep walking, sleep talking	Behavioural insomnia of childhood
*Periodic limb movement disorder	Restless leg syndrome	Night terrors	Confusional arousals
*More common in adolescence	*Narcolepsy	Nightmares	



Treatment

Insomnia usually gets better by changing sleeping habits.



When to seek further help

- changing your sleeping habits has not worked
- you have had trouble sleeping for months
- your insomnia is affecting your daily life in a way that makes it hard for you to cope



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Practical ways to work with sleep as an issue

1. Sleep principles

2. Starting conversations about sleep

3. Strategies

a) for dealing with thoughts

b) for when feel wide awake

c) for parents – when children don't want to sleep a'

d) for parents – when can't get back to sleep

4. Cultural considerations

5. Trusting sleep / staying positive



Stay positive when working with sleep! Set expectations of a new mind-set.

5 Principles of Sleep (from the Mental Health Foundation)



1. **Value** sleep as something crucial to our lives; take it seriously
Essential physical and mental renewal



2. **Prioritise** sleep by putting it first when making choices about what we do
Not just good intentions...actions too!



3. **Personalise** sleep by finding out what works best for us
Surprise...we're not all the same!



4. **Protect** our sleep by preventing/avoiding things that can upset it
Lifestyle, environment, gadgets



5. **Trust** our sleep is a natural process; it is possible to get into a good pattern
Be patient



*Value sleep as something crucial
to our lives*

Starting conversations about sleep



Bring it up in initial contact/assessments
How is your sleep? / Rate sleep quality 0-10



How long does it take to get to sleep?
Do you wake in the night and can't
return to sleep?
Nightmares?
Fearing sleep?
Can't sleep alone?
Sleep pattern all over the place?





*Value sleep as something
crucial to our lives*

Starting conversations about sleep



Psycho-educate about importance of sleep,
but make it personal to them

Lack of sleep can affect our emotional regulation

2020 UK sleep survey

Participants said that poor sleep led to...

43% more irritable or angry

42% more stressed and overwhelmed

35% more anxious

21% more tearful

14% more rows with others



Prioritise sleep by putting it first when making choices about what we do

Protect our sleep by preventing/avoiding things that can upset it



Sleep hygiene strategies



Sleep Audit



It is important to set up ideal conditions to help you sleep. The following have been proven to aid sleep. Rate honestly how often you do each one.

I go to bed at a similar time most days	All / most of the time	Quite often	Half the time	Not that often	Never
I reduce my energetic activity at least 1-2 hours before bed	All / most of the time	Quite often	Half the time	Not that often	Never
I eat my last meal/snack at least 2 hours before bed	All / most of the time	Quite often	Half the time	Not that often	Never
I sleep in the dark (or with a small night light)	All / most of the time	Quite often	Half the time	Not that often	Never
I avoid using screens 1 hour before bed	All / most of the time	Quite often	Half the time	Not that often	Never
I avoid caffeine before bed (ideally 6 hours before)	All / most of the time	Quite often	Half the time	Not that often	Never
My room is generally a cool temperature	All / most of the time	Quite often	Half the time	Not that often	Never
My room is generally quiet at night	All / most of the time	Quite often	Half the time	Not that often	Never

My room is generally quiet at night	All / most of the time	Quite often	Half the time	Not that often	Never
My room is clean	All / most of the time	Quite often	Half the time	Not that often	Never
I wake up at a similar time most days	All / most of the time	Quite often	Half the time	Not that often	Never
I dim the lights before I try to sleep	All / most of the time	Quite often	Half the time	Not that often	Never
I read or listen to a book/calming music before I try to sleep	All / most of the time	Quite often	Half the time	Not that often	Never
I feel comfortable in bed (good mattress, favourite toy)	All / most of the time	Quite often	Half the time	Not that often	Never
I avoid looking at a clock at night	All / most of the time	Quite often	Half the time	Not that often	Never
My devices are outside of my bedroom at night	All / most of the time	Quite often	Half the time	Not that often	Never

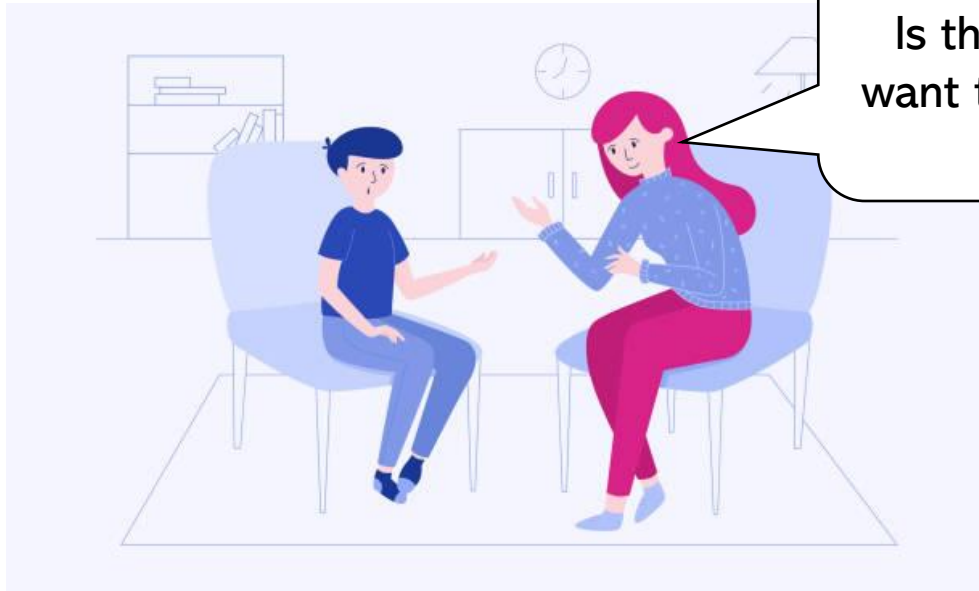
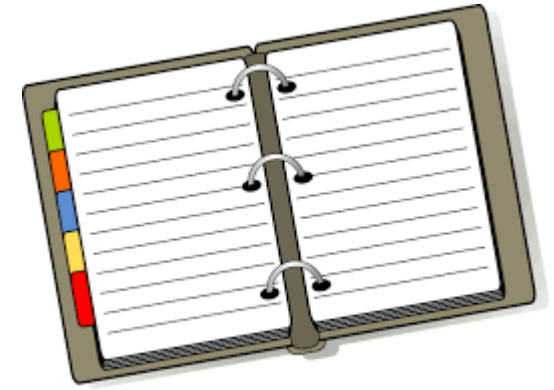


Prioritise sleep by putting it first when making choices about what we do

Protect our sleep by preventing/avoiding things that can upset it

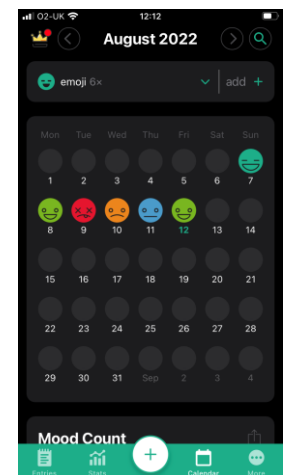
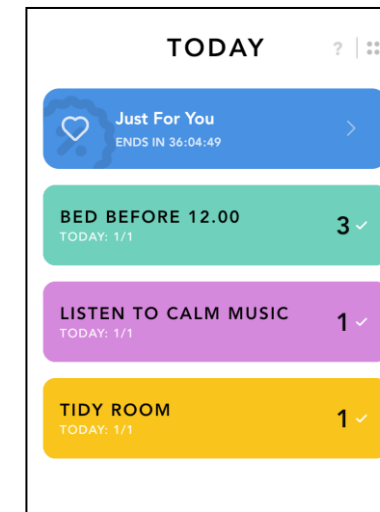
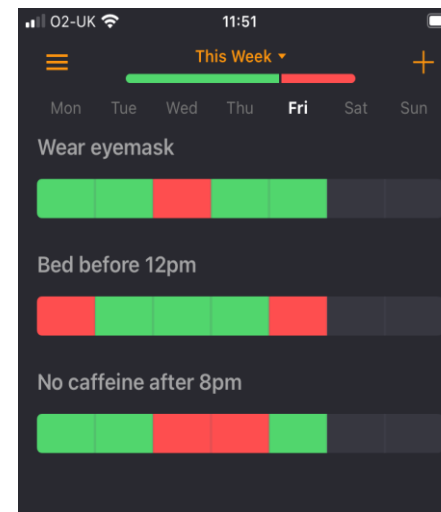
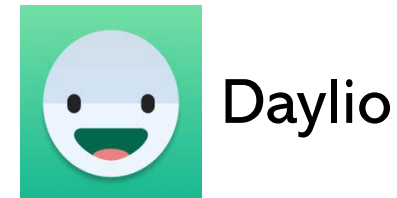
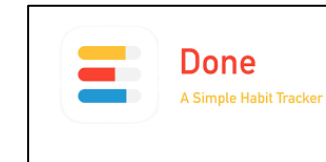


Sleep hygiene strategies



Is there anything you want to change/modify?

Change can happen overnight, but often it doesn't !



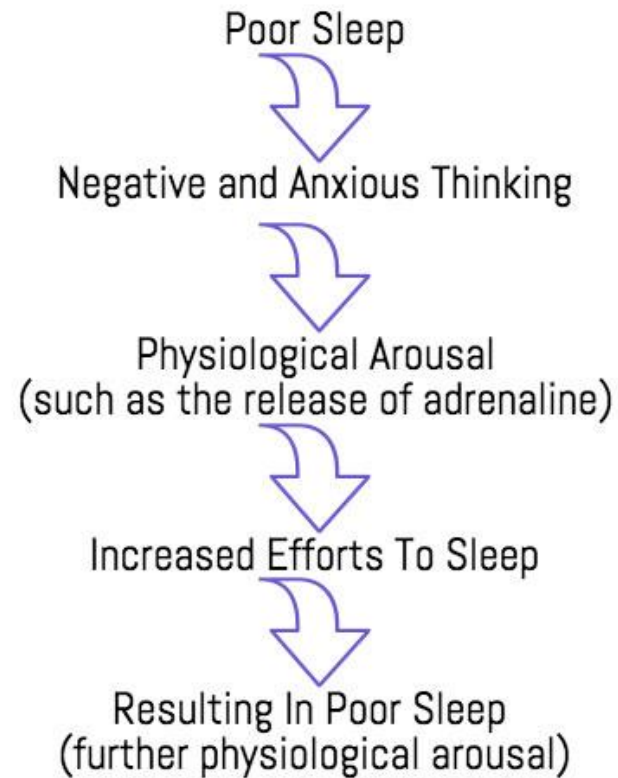


Protect our sleep by preventing/avoiding things that can upset it

Personalise sleep by finding out what works best for us



Strategies for dealing with thoughts





Protect our sleep by preventing/avoiding things that can upset it

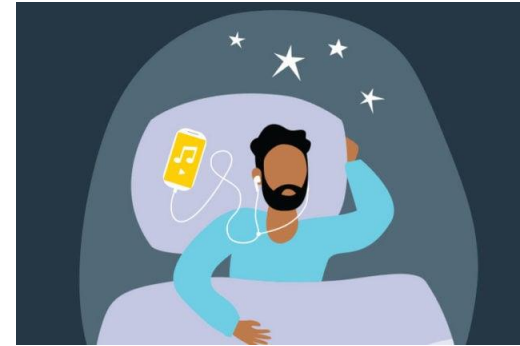
Personalise sleep by finding out what works best for us



Strategies for dealing with thoughts



“articulatory suppression” –
mouthing a word which
makes thinking about any
other thought difficult



Meditations
Beditations
White noise
Rain music
Sleep music



Sensory imagining of a nice
scenario



Deep breathing
(+ counting)



Protect our sleep by preventing/avoiding things that can upset it

Personalise sleep by finding out what works best for us



Strategies for dealing with thoughts



Gratitude before bed



Scheduling worry time

Any other strategies or comments on this?



Protect our sleep by preventing/avoiding things that can upset it

Personalise sleep by finding out what works best for us



Strategies for when feeling wide awake



If you're lying awake unable to sleep, do not try to force it!

If you're tired and enjoying the feeling of resting, then sleep may naturally take over.

But if you cannot sleep, get up and sit in a comfy place and do something relaxing, like reading a book or listening to quiet music.

Only go back to bed when you feel sleepier.

Any other strategies or comments on this?



Protect our sleep by preventing/avoiding things that can upset it

Personalise sleep by finding out what works best for us



Strategies for parents with children who can't sleep alone



Gradual Exposure

Set a goal each week, gradually reducing time

i.e. Parent will sit on bed/be in room for X minutes, then leave

Parent will then come in and check after X minutes

Any other strategies or comments on this?

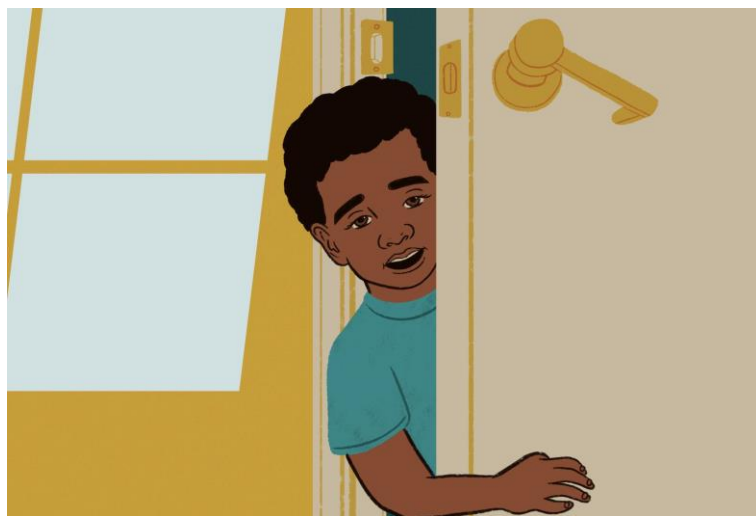


Protect our sleep by preventing/avoiding things that can upset it

Personalise sleep by finding out what works best for us



Strategies for parents with children who wake and can't get back to sleep



Be as boring as possible



Just take them back to their room



Do not talk more than necessary



Be consistent!

Create a diary and a reward chart related to goal

Date	Time settled in bed	Time asleep	Wake ups?	Rate sleep / 10

Any other strategies or comments on this?



Value sleep as something crucial to our lives

Personalise sleep by finding out what works best for us



Cultural considerations

Important to be aware that each family has different beliefs and routines around sleep. This may be due to a number of factors, whether cultural, religious, economic, environmental, societal, or other individual preferences.

Good to acknowledge what things might be making things trickier to sleep well, what things are unavoidable, what can be realistically changed.

Wake up time

Bed or bedroom sharing

Eating times

Naps

Times to go to bed

Noise

Any other comments?



Trust our sleep is a natural process;
it is possible to get into a good
pattern

Trusting sleep

If you have experimented a bit, prioritised sleep and found the right sleep window, the main thing to do next is trust your sleep pattern.

Sleep is a natural process that all living creatures rely upon!

Good sleepers are not “good at sleeping”. They are usually not doing anything at all except trusting and expecting sleep to come.

Keep a note of your experiments.



Be patient.

Trust you will find the right pattern of sleep.



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What is 'Sleep' for CYP with complex physical and learning disabilities?

There is much more to sleep than a comfortable bed and good sleep hygiene for CYP with complex physical and learning disabilities. Huge benefits can be realised through appropriate interventions.

It encompasses a wide range of factors: physical and mental health, physiology, sensory needs, posture, environment, activities of daily living, family relationships and.... a comfortable bed.

A needs led, multi disciplinary approach is needed, involving all who are part of caring for the child.



What can we achieve?

Through working together and using our joint knowledge and skills, we can achieve safe sleep, increased quantity and quality of sleep, improved quality of life for both the child and their family and improve physical and mental health.

Child A has Cerebral Palsy, she sleeps in the same bed as mum and dad. This is because she wakes every 20 to 40 minutes in pain due to her high muscle tone. Her mum wakes up and places her in a comfortable position which reduces her muscle tone. Child A gets overheated due to her movements overnight, this can increase her number of seizures, which worries her mum and dad. Child A wakes in the morning very stiff and unable to sit into her wheelchair. Her mother is not able to wash her in a bath safely and would love to be able to brush her hair outside of her wheelchair.

Child A's tone medication was reviewed and adjusted by her paediatrician. She was given posture support in bed and bamboo heat reducing sheets, which maintained her body in a comfortable position that reduced her muscle tone. Within the first month Child A was waking at 2 hourly intervals. We gave her a cushion to go between her legs, as they were crossing and causing hip pain. Child A then slept through the night and did not become overheated. Her mother was overjoyed, she was able to bathe her safely and brush her hair fully for the first time, with her daughter sitting on her lap. Child A was more attentive in school and did not fall asleep in her wheelchair in the afternoon. The quality of life improved for all of the family.



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Network groups



Main
room

Sleep and Complex Physical and Learning Disabilities:

What does sleep hygiene look like for children and young people with complex physical and learning disabilities? Join us in this network group as we explore a wide range of aspects of sleep, including sleep quality and quantity, behaviour, pain, posture and risks-assessment, to help inform safe and appropriate interventions for this cohort of children and young people.



1

Sleep and anxiety / EWMH:

Anxiety is frequently connected to sleeping problems. Prolonged and excessive worries can make it hard to fall asleep and then stay asleep through the night. Poor sleep can then worsen anxiety, maintaining a vicious cycle of sleep deprivation and increased worrying. In this network group we will discuss specific approaches to reduce late-night worrying and how to break the cycle.



2

Sleep and Additional Needs (incl. neurodiversity, sensory needs)

Sleep problems can be common with neurodiverse children and young people, and can often be extremely complex. This can be daunting when supporting and helping families. In this network group we will focus on improving sleep for neurodiverse children and young people and discuss and share tips and techniques with one another that can help support families.



3

Sleep Assessment and Sleep Pathway

Supporting sleep management conversations with children and families can be complex and challenging for parents and professionals. This is an opportunity to discuss experiences and best practice to support sleep issues with parents, children, and young people using a sleep assessment tool. During this network group, we will also share the Children and Family Health Surrey sleep pathway including Surrey-wide and national resources and support available for all children.