

Sleep Information

My child is never tired: your child may appear to have boundless energy, but when a child doesn't get enough sleep/rest their body responds by making more cortisol and adrenaline so they stay awake and can be hyperactive.

Separation Anxiety: Is a fairly common reason for children not being able to settle to sleep, they become scared to fall asleep as they don't want you to disappear, and this results in them fighting to stay awake, and having a restless and broken sleep, the following may help.

- Giving the child something of yours to take to bed,
- Putting a pillowcase on the bed that you have slept on, or a T-shirt that you have worn over the pillow.
- A family photo beside the bed.
- A consistent calming bedtime routine.
- Its okay to offer extra support at bedtime but be careful about introducing new habits.
- Co-regulating - warm and responsive interactions that provide support, training and modelling that children need to understand, express, and control their thoughts, feelings, and behaviour.

Yoga: is a gentle restorative way to wind down your day.

It helps children manage anxiety, improves emotional regulation, boosts children's self-esteem increases children's body awareness and mindfulness. It increases melatonin levels and helps reduce sleep disturbance.

The deep breathing technic is extremely relaxing and induces sleep.

For young children, activities such as, blowing bubbles or a windmill, or using a straw to blow feathers or ping pong balls, can be helpful,

Possible reasons for night waking:

- A comfort/sleep support is no longer there and supports needs to be left on all night.
- External sounds such as heating switching on or water pipes filling up.
- In contrast, the house is now very quiet as adults have gone to bed.
- Between 3am and 4am our body temperature drops, so maybe waking due to feeling cold.
- Nightmare,
- Night terror.
- Child is in pain.
- Hungry or thirsty
- Wet or soiled

Sleep Information

Night terrors: night terrors usually happen during the first few hours of the night as they occur in the transition between deep non-REM sleep and arousal sleep at the end of the first long deep-sleep phase. They can last up to thirty minutes, and although distressing for parents to witness, they are not thought to be harmful, the child settles quickly back to sleep following an episode and have no recollection of them. It is important to stay calm and to not attempt to wake them. There is a direct link between night terrors and sleep deprivation, so a child having sleep problems is more at risk. Other triggers can be:

- High temperature
- Asthma
- Gastroesophageal reflux
- Change in routine.
- Moving house
- Changing bedrooms

Nightmares: are common and are often related to developmental stages. Sometimes nightmares may be related to things that have been seen or heard during the day. They are more likely to occur when a child is unwell with a raised temperature or is stressed and anxious. Some children find a dream catcher hanging up in the bedroom works well for them. A good bedtime routine is essential as well in setting the scene for a restful night's sleep.

Snoring: the most common reason for snoring in children are enlarged tonsils and adenoids, which can lead to obstructive sleep apnoea, so its important to seek your GPs advice. Other reason maybe allergies or asthma. The following may also help.

- Seek advice from GP first.
- Roll your child onto their side to sleep.
- Place a humidifier if the room, boosting the humidity may help wase night-time stuffiness.
Which can help snoring.
- Air purifiers can help remove allergens such as dust and pollen from the air,

"In the event that other problems and conditions suffered by clients during the period of sleep therapy provided by Nansa, clients are advised to take treatment, counselling or therapy from professionals in the appropriate disciplines. Nansa practitioners are responsible for sleep management issues only, and clients by their subscription of this form acknowledge and accept this"

Sleep Information