

Wellbeing Newsletter

- SLEEP -

Welcome to the first edition of the Wellbeing Newsletter.
Each edition will have a theme that will help
children, parents and staff.



The first theme – SLEEP!



In a recent survey

14%

of children at St Gabriel's reported that
they do not sleep fully throughout the night.

Reasons for this were:



wanting a drink



needing the toilet



restlessness

The Importance of Sleep

Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

The Importance of Routine

Predictable, repetitive routines have been proven to be calming and help reduce anxiety. This is partly because they give you a sense of control over your day, and that then expands out into feeling in control of your life. There is also a sense of relief in achieving everything you need to do, which in turn reduces anxiety and stress.

Tips on How to Get into a Routine

1. Decide what needs to be in your routine. Do you want to get more exercise or more alone time?
2. Set small goals. Break each large goal into smaller goals - work your way up to something you want to accomplish.
3. Layout a plan - add in what you want to accomplish with your routine. Want to get more exercise? Start a new hobby?
4. Be consistent with time - time is important for your routine, keep track of the time so you know what is coming up next.
5. Make it fun! Have fun with your routine don't add in something you're not going to enjoy.
6. Track your progress - are you sticking to the routine? If so, then well done and keep it up. If not, then look for where you can improve.
7. Reward yourself.

Tips to getting a better sleep

1. Try to go to bed to sleep and wake up at the same time every day (even the weekends!)
2. Don't eat late in the evening
3. Take a relaxing bath or shower
4. Exercise during the day
5. No screens in bed!



Recommended Reads



Useful websites and apps

Guide to Sleep	https://www.mindful.org/the-ultimate-guide-to-mindfulness-for-sleep/
How to Sleep Better	https://www.mentalhealth.org.uk/publications/how-sleep-better
Sleep Foundation	https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips
Find Your Calm	www.calm.com
Headspace	www.headspace.com

Mindful Moments



**Sleep is the
best meditation.**

Dalai Lama

**"SLEEP IS THE
GOLDEN CHAIN
THAT BINDS HEALTH
AND OUR BODIES
TOGETHER."**

-Thomas Dekker

**Let her sleep, for
when she wakes, she
will shake the world.**

NAPOLEON BONAPARTE
French Military Leader

