

# Wellbeing Corner

## SLEEP

Last weekend I listened to a conversation between Steven Bartlett (Diary of a CEO) and Matthew Walker (a sleep expert). <https://uk-podcasts.co.uk/podcast/steven-bartlett-the-diary-of-a-ceo/e228-matthew-walker-the-world-s-no-1-sleep-expert->

During the podcast Matthew Walker highlighted that sleep is as crucial to survival and wellbeing as water and food yet, generally, less emphasis is placed on it.

The health benefits, both physical and mental are huge, and well documented. It also has an impact on long term health, memory, cognition and wellbeing.

Sleep gives our brains time to repair, restore, process

Events and file memories and new learning.

Further information:

<https://www.sleepfoundation.org/children-and-sleep>

<https://kidshelpline.com.au/teens/issues/why-sleep-so-important>

<https://www.mghclaycenter.org/parenting-concerns/the-importance-of-sleep-for-kids-mental-and-emotional-well-being-2/>



**Engage in regular exercise and keep physically active.**

**Do calm, relaxing activities close to bedtime, such as reading a storybook, listening to soft music or meditating.**

**Have a regular bedtime routine – go to bed and wake-up at the same time every day, even on weekends.**

**Make your bedroom environment optimal for sleep – it should be dark, quiet, cool in temperature, and comfortable.**

**Key Aspects of Good Sleep Hygiene**

**Avoid consuming caffeinated beverages, such as coffee, tea or soft drink, in the late afternoon and evening.**

**Use your bed for sleeping only, and not for other activities, such as homework, watching television or phone use.**

**7 Health Benefits of Sleep**

- IMPROVE MEMORY**: Sleep helps strengthen memories.
- IMPROVE CREATIVITY**: People strengthen emotional components of imagination.
- LOWER STRESS**: Sleep can reduce stress levels.
- STAY HEALTHY**: Risk of heart attack is higher in people who sleep 6 or less hours.
- LIVE BETTER**: With better sleep comes a longer, happier life.
- HAVE A HEALTHY WEIGHT**: Sleep & metabolism are controlled by the same parts of the brain.
- SHARPEN ATTENTION**: Lack of sleep can result in lack of attention in kids.

## ELSA

Our ELSA room is open daily at lunchtime (Forms 1-6). Please remind your child that they are able to come to the ELSA room (12.40-1.10) to talk to an adult, if they have any worries. Parents can also contact the ELSA's directly using the following email: [elsa@seatonhouse.sutton.sch.uk](mailto:elsa@seatonhouse.sutton.sch.uk)