



## Mental Health in Schools Team Tips For Wellness



# Tips for helping your child with sleep

A healthy sleep routine is essential for children's growth, development, concentration, emotion regulation, immune system, memory and problem-solving abilities. Consistent, quality sleep can also reduce the risk of behavioural issues, anxiety and depression. The recommended hours of sleep per night are:

School age children  
(6-12 years)  
9-12 hours

Adolescents  
(13-18 years)  
8-10 hours

### Our top tips:

- 1. Establish a consistent sleep schedule:** Encourage going to bed and waking up at the same time every day, even on weekends, to regulate your child's internal clock.
- 2. Create a calming bedtime routine:** Activities like reading, a warm bath, or quiet music can help signal that it's time to wind down.
- 3. Limit screen time before bed:** Turn off TVs, phones, and tablets at least an hour before bedtime, as blue light interferes with melatonin production and sleep quality.
- 4. Make the bedroom sleep-friendly:** Keep it cool, dark, and quiet. Consider blackout curtains or white noise if needed.
- 5. Encourage physical activity during the day:** Regular exercise can help children fall asleep faster but avoid vigorous activity close to bedtime.
- 6. Watch what they eat and drink:** Avoid caffeine, energy drinks and chocolate in the afternoon and evening, and try not to eat a big meal close to bedtime.
- 7. Model healthy sleep habits:** Children often mimic their parents, so prioritise your own sleep and show that it's an important part of a healthy lifestyle.
- 8. Talk about stress or worries:** Create a safe space to discuss anything that might be keeping them up at night.

Top tips for improving  
your child's sleep:



Sleep guide for  
parents:



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.