



Shri Minds

Wellness Newsletter

Namaste, Parents!

We are here with another edition of Shri Minds. This time we are focusing on the world of sleep. In this newsletter, we discuss the importance, benefits and strategies for good sleep. In the highlights, we will look at a few reflections from students of senior school. We also have some tips and tricks handy for you to use with the children! Let us dive right in then...



Stress Management

Sleep and Children

What 's Happening this month

What's inside

WE ALL KNOW THAT WE NEED TO GET A SOUND SLEEP.

Sleep is essential to every process in the body. It affects our physical and mental functioning, our ability to fight disease and develop immunity, our metabolism and chronic disease risk. Sleep is truly interdisciplinary because it touches every aspect of health. Needless to say, school-going children and adolescents require their quota of sleep to unleash their potential.

Every individual's sleep needs vary. In general, most healthy adults have 16 hours of wakefulness and need an average of 8 hours of sleep at night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours (Van Dongen & Dinges, Principles & Practice of Sleep Medicine, 2000). Infants (below 6 years) require a minimum of 14 hours of

sleep, younger children have a requirement of 10 hours of sleep and teens need to be rested for at least 8 hours to engage in heavy activities on academic and extracurricular fronts.



About 20 years of our lifetime is spent sleeping, but most of us don't sleep for the recommended minimum of 8 hours a night. Unfortunately, children often experience a similar difficulty. Many children, as young as 6 years old, have reported being sleep deprived. Disturbances in sleep manifests itself through unruly and aggressive behaviours, emotional tantrums, lower processing and comprehension,

lack of concentration and attention, increased hyperactivity, poor academic performance and weak social relations. According to a long-term study published in the 2004 April issue of Alcoholism: Clinical and Experimental Research, young teenagers whose preschool sleep habits were poor were more than twice as likely to use drugs, tobacco or alcohol (University of Michigan Health System).

BENEFITS OF SLEEP

Getting a good night's sleep has been proven to have numerous benefits to health and cognitive performance for adults and children alike.

- **Concentration** – a good night's sleep improves attention and alertness.
- **Memory** – sleep affects our ability to recall and link information.
- **Insight** – sleep can help our ability to gain the kind of knowledge that has an instant impact on our thinking and behaviour.
- **Creativity** – REM sleep has been proven to be beneficial for creative processes.
- **Immune system** - sleep helps our body to defend against illness.



COMMON SLEEP MISTAKES

Common sleep mistakes prevent us from getting the benefits of sleep. These sleep mistakes are:

- **Television** - watching TV before bed leads to poor sleep cycle.
- **Napping** - napping at the wrong times can affect your ability to sleep at night.
- **Irregular sleeping pattern** – going to bed at a different time each night confuses your internal body clock and messes with your sleeping pattern.
- **Phone** – the bright light from your phone mimics daylight and stops melatonin being fully released, keeping you wide awake.
- **Caffeine** – drinking caffeinated drinks before bed time

How to fight Sleep Problems?

According to leading sleep researchers, there are techniques to combat common sleep problems. As parents and caregivers, we can use these techniques to help children develop healthy sleeping habits and get an adequate amount of sleep.

- Encouraging children to keep a regular sleep/wake schedule
- Restricting or minimizing consumption of caffeine before bed and daytime as well
- Instruct children to avoid heavy meals before sleep
- Motivate children to get regular exercise; be a role model so that they can imbibe the habit from you.

- Minimize noise, light and excessive hot and cold temperatures in the sleeping area
- Encourage children to develop a regular bed time and go to bed at the same time each night
- Train children to wake up without an alarm clock (strengthen their biological clock)
- Send children to bed earlier every night for a certain period; this will ensure that they are getting enough sleep

Highlights

Sessions on Stress Management

The school counselors utilized EQUBE classes to address the concern of **Increased Stress** among students with the advent of the exam season. Students were psycho-educated about stress - its nature and causes, difference between the types of stress- Eustress (motivating) and Distress (limiting) and techniques to combat stress – cognitive reappraisal, grounding techniques and controlled breathing.

Students were cooperative and participative during the sessions. They raised thought-provoking questions and shared insightful reflections. Some of the common student concerns were- burden of parental expectations, overemphasis on marks and not learning, lack of time to engage in self-study and revision, completion of notes, comparison with peers and siblings, difficulty in managing time and work load.

A few points to ponder...

Sleep helps improve concentration, memory, positivity, creativity and health. These are the skills we want students to cultivate over the coming weeks and months. Probably as a result of these factors, students who sleep better have been found to get significantly higher grades than their sleepy peers; the amount of sleep a child gets making a marked difference in the grades scored.

It is important to note that when it comes to sleep, more is not always better. Too much sleep can get in the way of students doing their work with more alertness. The benefits of memory and recall only come into play if students have done their work in the first place. Hence, if we educate them about the powerful effects and benefits of sleep, it can make a significant impact on how they think, feel and behave.

Sleep hygiene refers to a variety of habits that are important for a good night's sleep.

DECREE FOR GOOD SLEEP
Thou shall not consume caffeine after 12pm.
Get some exercise during the day.
Thou shall



Limit daytime naps to 30 minutes.



Consider blackout curtains, an eye mask, a white noise machine, fan, and a humidifier for a comfortable sleeping environment.



A cool bedroom between 60-67 degrees is ideal for good sleep.

Limit your caffeine consumption after 12pm.

Sleep hygiene



Create a calming nighttime routine, like a warm bath, light stretching, and reading a book. Keep lights low.



Note: Avoid right before bed.



Get exposure to sunlight during the day.

At least 10 minutes of aerobic exercise a day (like walking) can improve sleep quality.

Read a book to bed

Consume a cup of warm milk before bed.

Eliminate screens at least 30 minutes, preferably one hour, before you try to fall asleep.



8 Signs of sleep problems



Is Your Child Getting Enough Sleep?

Newborn
0-3 months

14-17
hours

Infant
4-12 months

12-16
hours

Toddler
1-2 years

11-14
hours

Preschooler
3-5 years

10-13
hours

School-Aged
6-12 years

9-12
hours

Adolescent
13-18 years

8-10
hours



#SLEEP RECHARGES YOU



LEARN MORE

Sleep recharges your brain, helping you excel in the classroom by maximizing your attention, memory and learning ability.



5 WAYS TO DO WELL IN EXAMS

by @inner_drive | www.innerdrive.co.uk



1. SPACE OUT YOUR LEARNING

2. USE RETRIEVAL PRACTICE

3. TAKE TIME OUT FOR YOURSELF

4. GET ENOUGH SLEEP

5. DON'T SKIP BREAKFAST