



Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies
to support parents and young people
to get back to School After Lockdown

Sleep

Problem solving/making a plan/goal setting



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



Sleep

Sleep is more important than you may think. Do you think you get enough sleep? Not getting enough sleep makes us feel heavy, groggy, emotional and can make learning difficult. When we feel tired , we are not at our best.

Below are some important and interesting facts about sleep and strategies and activities to help support your develop a healthy sleep routine.





Sleep Diary

MY SLEEP PRESCRIPTION

Bed Time: _____

Rise Time: _____

DAY OF THE WEEK							
DATE							
Q1 What time did you go to bed?							
Q2 What time did you try to go to sleep?							
Q3 What time did you fall asleep?							
Q4 How many times did you wake up during the night?							
Q5 In total, how long did these awakenings last (minutes)?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed to start your day?							
Q8 Note anything that interfered with your sleep							



End of week calculations

Easy calculations at
mysleepwell.ca/calculator

My sleep duration (typical night): _____ My sleep efficiency (typical night): _____



Stick to a schedule

Waking up and going to bed at the same time every day (yes, even on the weekends!) helps your body develop a routine. That could help you fall asleep faster and stay asleep longer.⁴



Eat healthy

Try to eat a well-balanced diet with limited saturated fats and sugars, reduce snacking after 9 p.m., and eat light portions for dinner.⁵



Exercise daily

Exercising can improve how well and how long you sleep. For some people, exercising late in the day can actually make it harder to sleep.⁷ Try to vary the timing of your exercise to find the schedule that works best for you.



Limit screen time

The blue light on phones, computers and TVs can actually trick the brain into thinking it is daytime. Experts recommend staying away from screens two to three hours before bed.⁶



Teen Sleep Tips

AVOID

Screens of any kind in the hour before bed



Overly stimulating bedroom environments

Sugary foods or heavy meals



Caffeine or energy drinks - ideally from lunchtime

High intensity exercise in the hour before bedtime



Hot chocolate can also often be sugar-loaded!

TRY



Reading books or a magazine

Opt for supper 30 minutes before bed. Choose either toast, a banana, or cereals without sugar



Warm milk, water, or herbal tea such as camomile

Invest in an alarm clock rather than using the alarm on your phone



Exercise during the daytime and have an hour of relaxation time

Keep your bedroom environment calm and device free



OTHER USEFUL INFORMATION

Sleep needs can change during the teenage years often making it harder to fall asleep at night and wake up in the morning



It's important to remember that getting a good night's sleep can help you concentrate at school or college

The good news is that by making just a few simple changes you can make it easier to keep your sleep on track



It can improve other areas of your life such as your appearance, mood, mental health, growth and appetite



40%

Sleep issues are more common than you think with around 40% of children and young people experiencing some level of difficulty

DOWNLOAD THE PRINTABLE POSTER

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SLEEP DIARY



Good sleep is important for the health and happiness of every person, no matter how old or young. Without getting enough sleep, it can be hard to stay awake, pay attention, and enjoy the day.

Did You Know?

Getting enough sleep helps you stay healthy, safe, and feeling good.

A good night's sleep will help...

- * You remember what you learned all day.
- * You have more energy for sports and playing.
- * Your body fight germs and illness better.
- * You pay attention.
- * You feel better about yourself!



Tips To Help You Get A Good Night's Sleep

Do:

- * Sleep 10 to 11 hours (ages 5-12) every night.
- * Go to bed at the same time every night.
- * Follow a bedtime routine by doing the same relaxing activities every night before bed – like reading or listening to quiet music.
- * Exercise during the day.
- * Have a light snack or warm glass of milk before bed, if you are hungry.
- * Keep your bedroom cool, dark, and quiet.

Do Not:

- * Stay up late.
- * Go to bed at different times each night.
- * Watch TV or play video games because they can disturb your sleep.
- * Exercise too close to bedtime (3 hours or sooner).
- * Drink soda or eat chocolate because they contain caffeine, which can make it hard to sleep.
- * Have TV's, computers, video games, loud noises or bright lights in your bedroom. They can bother you while you sleep.

This **Sleep Diary** is a fun way to help you, your parents and your doctor talk about the importance of sleep. Each day you will answer several questions about your sleep. Starting any day of the week, fill out the sleep diary for seven days. The last page has an activity for the end of the week.

HAVE FUN!



's Sleep Diary

(Write your name here)

Fill in these blanks with your information.








I am _____ years old and in _____ grade.

This is the week of _____ (Month) _____ (Date), _____ (Year)












1. Complete Before Going to Bed

• What did you drink today?

In the space inside each can, write the number of cans/bottles of caffeinated drinks, such as soda and tea, you had each day of the week. Remember, caffeine in drinks can keep you from sleeping well.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						

• Check off any of these activities you did in the HOUR before going to bed.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Read a book							
 Used the Computer							
 Played with Toys/Games							
 Exercised/Played Sports							
 Watched TV							
 Played Video Games							
 Listened to Music							
 Had a Snack							
 Took a Bath/Shower							
 Talked on the Phone							
 Did Homework							

[illegible]

4. Complete At The End of The Week

Use your completed Sections 2 and 3 for this Section. In Part A, think about the day you had the **least** number of hours of sleep this week. In Part B, think about the day you had the **most** hours of sleep. In the blank box in each part, draw or write how you felt on that day.

A. Day with LEAST Hours of Sleep	B. Day with MOST Hours of Sleep
<ul style="list-style-type: none">On _____ (write the day of the week), I had _____ hours of sleep.My energy level was: (use your response from Section 3) 1 2 3 4 5 No Energy Full of EnergyDraw or write how you felt below. _____	<ul style="list-style-type: none">On _____ (write the day of the week), I had _____ hours of sleep.My energy level was: (use your response from Section 3) 1 2 3 4 5 No Energy Full of EnergyDraw or write how you felt below. _____

- **Think about your results.**

- * Did you feel different on the two days?
- * If so, why do you think you felt different?
- * Which day did you feel better?

When you are finished filling out your sleep diary, bring it to your next doctor's appointment so you can talk about sleep with your doctor.

My Action Plan



What I've learnt or found useful?

What I'm going to do next?

Who I can ask to help me!

