

# Sleep

Guidance for Parents and Carers

Gateshead Psychological Service  
Wellbeing for Education Return Project



There are lots of factors which can influence the quality and amount of sleep we have. We have put together some tips and **links to resources** for helping your child to sleep well during the COVID-19 pandemic. Remember to be kind to yourself, the pandemic can present sleeping difficulties for **all ages**, and many of these tips will apply to you too. Click around **links and our service YouTube Icon** on the second page to view the resources!

## ROUTINE

- Consistency is key.
- Keep regular sleep/wake times (even at weekends)
- Dedicate some time to winding down each night
- This could include reading, audio books, being read to, a chat with you about their day, or doing some relaxation activities (children/teens)
- Talk to your children about why sleep is important, they will be more likely to stick to a good routine (children and teens)

## ENVIRONMENT

- Where possible, keep the bedroom for sleeping only
- It is easier to wind down in a tidy, uncluttered room- children can tidy away their own toys and dirty clothes as part of a bedtime routine
- Consider lighting, is it too bright? Some children benefit from a night light
- Children can track their sleep using a sleep diary, to look for ways to make changes

Why do we sleep?



How much should we sleep?



How could COVID-19  
change sleep?



## SCREEN TIME

- Try to minimise screen use 1 hour before bed
- Limit time spent reading about COVID-19
- Encourage older children to turn off notifications as these can be hard to ignore
- Encourage them to connect with friends during the day
- Read or listen to audio books in place of scrolling

## MOVEMENT

- Restrictions permitting, try to get outside during the daylight- this will benefit mood and sleep
- Reduced activity can lead to trouble sleeping so try to promote exercise at least once a day
- Right now, they could try some online exercise videos (Joe Wicks Body Coach Channel, Yoga with Adriene)

## Further Information

[Goodnight Guide for children's sleep](#)  
[The Mix \(Support for teens\)](#)

[Sleep Problems and Mental Health \(MIND\)](#)  
[Helping Children with SEN to Sleep](#)

[Bedtime Routine for Adults](#)  
[Wellbeing Guide for Adults](#)