Newsletter

SCHOOL HEALTH RESEARCH NETWORK

Sleep is the balm that soothes and restores after a long day, but with 35% of Wrexham secondary pupils reporting that they usually go to bed at 11.30pm or later when they have school the next day. This doesn't make good bedtime reading.

Lets see if we can break this habit before its too late.....

(SHRN data collection Autumn 2019)

The Sleep Council

Healthy Sleep Starts Here. Wake Up to Sleep With The Sleep Council.

We're here to help you get a better night's sleep. For 25 years we've been sharing the secrets of restorative rest. What to do, what not to do, and where to get more help. For adults and children. For every job and every age. For a healthier life. [Click here](#)

The Sleep Foundation

Full of articles relating to the importance of sleep, information on the affects that lack of sleep has on your body, lucid dreams, screen time and how to get the right amount of sleep......

[Click here](#)

Cheshire Young Carers

Have put together a short animation giving hints and tips about how to help achieve that all important sleep

Sleep

If you like this, they also have animations regarding wellbeing, these can work as great ice breakers to start a session on the subject, check out more on their facebook page

BHF Top 10 tips for a Good Nights Sleep

Most of us have suffered a bad night's sleep at some stage or another. A one-off restless night isn't too much of a problem, apart from feeling irritable or below par the next day. But the effect of long-term sleep deprivation can be far more serious, increasing the risk of coronary heart disease, stroke, diabetes, obesity and Alzheimer's disease.

Sleeping tips

The NHS has some useful information on bedtime routines to insomnia

NHS

And finally............