

# Improve sleep – Improve performance

Good sleep plays a big role in helping children feel ready for school. When they sleep well, mornings are calmer, attendance improves, and learning becomes easier.

There are a few common habits that can make it harder for children to get the rest they need – especially in the hours before bedtime.



## Things That Can Make Sleep Harder (And What Can Help)

### ● Screens Late at Night

Phones, tablets, TVs, social media and gaming can keep the brain alert and delay sleep.

**Helpful tip:**

Switch off screens at least an hour before bed. If screens are needed, using night-time (night shift) or blue light filters can help.

### ● Caffeine Later in the Day

Caffeine stays in the body for several hours and can stop children falling asleep easily.

**Helpful tip:**

Avoid energy drinks and sugary snacks such as chocolate and sweets.

### ● Heavy or Sugary Foods Before Bed

Large, spicy or sugary snacks late at night can make it harder to settle.

**Helpful tip:**

If your child is hungry before bed, encourage a light snack such as a banana, yoghurt or whole-grain toast.

### ● Going to Bed Without Feeling Tired

Lying awake for long periods can make bedtime frustrating.

**Helpful tip:**

If your child can't fall asleep, encourage them to get up briefly and do something calm such as reading.

### ● Late or Long Afternoon Naps

Sleeping too late in the day can affect bedtime routines.

**Helpful tip:**

If naps are needed, keep them short (20-30 mins max) and before 4pm.

### ● Busy Evenings and Stress Before Bed

Loud music, gaming, arguments or stressful conversations can make it hard to wind down.

**Helpful tip:**

Aim for a calm wind down routine with quiet music, reading or relaxed time together. Try to talk through worries earlier in the evening.

## Working Together

Every family is different, and changes don't have to happen all at once. Even small steps can make a big difference to sleep, mornings and school attendance.

If tiredness or sleep routines are affecting your child's ability to attend school, please let us know. We are here to help and support you and your child.

Better sleep leads to calmer mornings, better attendance and better learning.

Every school day matters. Together, we can help your child succeed.