

The importance of sleep

Getting enough sleep makes a big difference to how children feel, behave and cope with the school day.

Children aged 3-5 years need 11-13 hours of sleep each night.

Children aged 5-11 years need 9-11 hours of sleep each night.



How Sleep Helps Your Child at School

When children get enough sleep, they are more likely to:

- **Concentrate and remember what they learn**
Sleep helps the brain process new information, which supports learning and understanding.
- **Feel calmer and more emotionally balanced**
Lack of sleep can make children feel irritable, anxious or overwhelmed.
- **Engage better in lessons**
Well rested pupils find it easier to focus, participate and complete schoolwork.
- **Stay healthier**
Sleep supports physical growth and the immune system, helping reduce illness and absence.

Why Sleep Can Be Hard for Children

Many parents notice that children struggle with sleep. This is often because:

- Phones, gaming and social media can delay sleep.
- Early school start times mean less rest.

This isn't about motivation or effort – it's about how children's bodies work.

How Parents Can Help Support Better Sleep

Small changes can make mornings and school attendance much easier:

- Aim for a regular bedtime and wake up time, even at weekends where possible.
- Reduce screen time before bed, ideally for the last hour.
- Encourage a calm wind down routine (quiet time, reading, lower lights).
- Put all gadgets away an hour before bed.
- Make the bedroom cool, dark and quiet.

Things to avoid

- Energy drinks or caffeine (e.g. cola, chocolate) late in the day.
- Staying up very late and sleeping in at weekends, which resets the body clock.

Working Together

We know sleep routines can be hard to manage. If tiredness is affecting your child's attendance or wellbeing, please talk to us. We are here to offer support and practical solutions.

Good sleep supports good attendance – and good attendance supports your child's success and wellbeing.

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