Games and Puzzles

Try this word search with your child..........

Find and circle these words about sleep hidden in the grid below!

Bed	Day	Night
Body	Fix Injuries	Skin
Bones	Grow	Sleep
Brain	Healthy	Think
Concentrate	Muscle	Wakeup

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C R W D U Q Q D X P S L
D O E L S M U S C L E D
U B N E P E Y L L K C F
C R N C U B C E S N S O
B O V T E G V E D I K I
B J R S K N C P A H I C
M B H E A L T H Y T N U
C G R O W S O R H D I E
W P Q A C K Z G A W O V
D C O Y I A I W J T W B
Z F I X I N J U R I E S
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Try to unscramble these letters to make a word to do with sleep

PEELINGS

___ ___ ___ ___ ___ ___ ___ ___

A bed time poem

Good night, sleep tight

Awake full of joy

At the morning light

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Where individuals matter

Sleep

Why we sleep at night

Light helps us know when to sleep and when to be awake. When we open our eyes in the morning, sunlight lets our brain know it is time to wake up. As day turns to night, our brain makes a chemical called melatonin (mel-a-TONE-in) that makes us sleepy. Melatonin is a key regulator of our body clock and is what makes us feel tired at the correct time of day.

The biggest factor of our internal body clock is our external environment, such as the amount of sunlight we receive each day, social contact, stimulation and meal times.

Helpful Tips

In order to help your child feel sleepy in the evening here are some things you can do to help your child get a good night's sleep:

Avoid big meals before bedtime and give breakfast within 30 minutes after waking

Access to sunlight during the day with plenty of exercise

Low level lighting in your child's bedroom

No screens or devices being used before bedtime

Try to get your child to bed the same time every night

How much sleep?

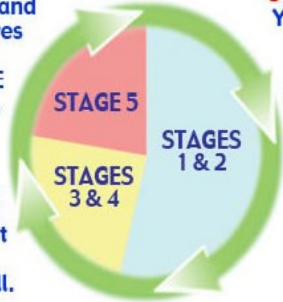| Child's Age	Recommended sleep time in 24 hours
4 to 12 months	12 to 16 hours including naps
1 to 2 years	11 to 14 hours including naps
3 to 5 years	10 to 13 hours including naps
6 to 12 years	9 to 12 hours
13 to 18 years	8 to 10 hours

Why is sleep important?

Sleep is essential for survival. During sleep, our bodies and brain restore and repair ready for the next day.

Even more importantly for our children it is vital for:
- Building immunity
- Developing memory
- Maintaining concentration

There are 5 stages in one sleep cycle. Each sleep cycle takes about 90 minutes.

STAGE 5
Your brain is active and you dream. Your eyes move under your eyelids in RAPID EYE MOVEMENT (R.E.M).

STAGES 1 & 2
You first fall asleep, but are not yet in a deep sleep.

STAGES 3 & 4
You are in a deep, restful sleep. Your breathing and heart rate slow down, and your body is still.

STAGE 5

STAGES 1 & 2

STAGES 3 & 4

This sleep cycle is repeated 5 or 6 times during a night