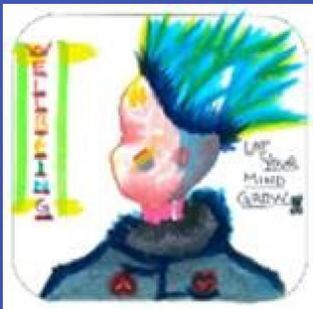


At Wootton Park we believe...



**“Wellbeing...**

**is a powerful tool to grow our own capabilities, independence, resilience and realise our own richest potential.”**

**“We strive to ... solve our own problems, generate our own opportunities and equip ourselves to thrive in our future.”**



# Sleep

Sleep is critical to physical health and effective functioning of the immune system. It's also a key promoter of emotional wellness and mental health, helping to beat stress, depression and anxiety.

## Worries

Worries about the pandemic will affect your sleep as many people fear they will catch the virus. Most people have close friends or family who are older or in high-risk groups because of health conditions. You may also be worried about your parents if they are not being paid the full amount at work or if they are self-employed. There's still so much unknown about this pandemic -- how much the disease will spread, whether hospitals can manage the crisis, how long lockdowns will last and all this uncertainty brings anxiety that disrupts sleep as your racing mind keeps the body tossing and turning.



## How to sleep better

Establishing a routine can keep a bit of normality even in these abnormal times. It's easier for your mind and body to keep to a consistent sleep schedule.

Sleep-specific aspects of your daily schedule should include:  
Wake-Up Time: Set your alarm, bypass the snooze button and have a fixed time to get every day started.

Wind-Down Time: This is an important time to relax and get ready for bed. It can involve things like light reading, stretching and meditating along with preparations for bed like putting on pyjamas and brushing your teeth.

Given the stress of the coronavirus pandemic, it's wise to give yourself extra wind-down time each night. Stick with the same bed time every night and the time you wake up.

Try not to do school work on your bed and just keep your bed for sleeping and chilling.

Try not to have any naps in the day as it will have an effect on your sleep pattern at night.

Regular daily activity has loads of important benefits, including better nights sleep. If you can go for a walk while maintaining a safe distance from other people, that's a great option.

## Disruption



Social distancing, school closures, quarantines, working-from-home: are new changes to our normal routines for people of all ages. It can be difficult to adjust to a new daily schedule or lack of a schedule. Keeping track of the time, and even the day, can be hard without typical daily routines. If you do not stick to routine and go to bed at whatever time and oversleep each morning it makes it difficult to feel like you want to do anything. Sleeping more than 9/10 hours per night can make waking up on time much more difficult, even if you use an alarm. Oversleepers may also feel groggy, irritable and unfocused throughout the day. If you stick to a good bed time of say 9/10pm and wake up at 8 that is a good sleep of 9/10 hours which is the recommended amount for a teenager.

## Why you need sleep

Sleep is a critical process and it is always important to get enough sleep. When confronting the COVID-19 pandemic, sleep becomes even more important because of its wide-ranging benefits for physical and mental health. Sleep empowers an effective immune system. Solid nightly rest strengthens our body's defences.

Sleep heightens brain function. Our mind works better when we get good sleep, contributing to complex thinking, learning, memory, and decision-making. For young people adapting to work and school at home, good sleep can help them stay sharp.

Sleep enhances mood. Lack of sleep can make a person irritable, drag down their energy level and cause or worsen feelings of depression.

Sleep improves mental health. Experts agree that getting consistent, high-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the coronavirus pandemic.



For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to

[www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.



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