

MHST workshop

Supporting your adolescent with sleep and routine.

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South West London
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Created by the MHST

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Achieving for Children
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Are you OK
Kingston?



Are you OK
Richmond?

Mental Health Support Team (MHST)

All of the work we do is developed in collaboration with the schools we work with

Children & Young People

- 1-1 interventions
- Targeted group interventions
- Universal workshops

School Staff

- Training
- Consultation
- Reflective space

WHOLE
SCHOOL
APPROACH

Parents

- 1-1 interventions
- Workshops
- Coffee mornings



CONFIDENTIAL

RESPECT



Overview

- Why is sleep important?
- Why are so many adolescents sleep deprived?
- Strategies supporting good sleep
- Resources
- Questions, reflections and feedback

Reflection

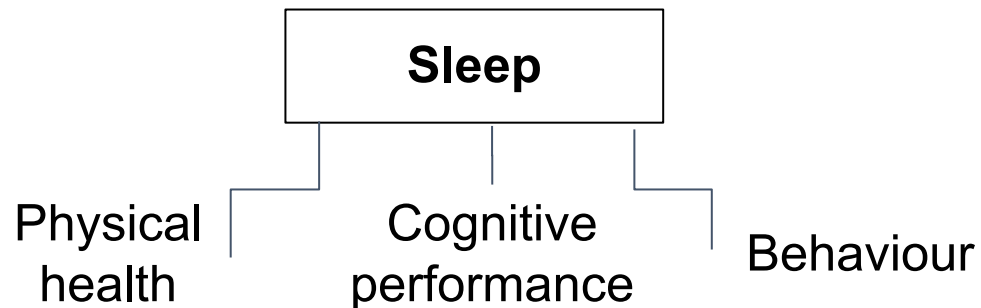
**What are you
hoping to learn
today?**





Why is sleep so important?

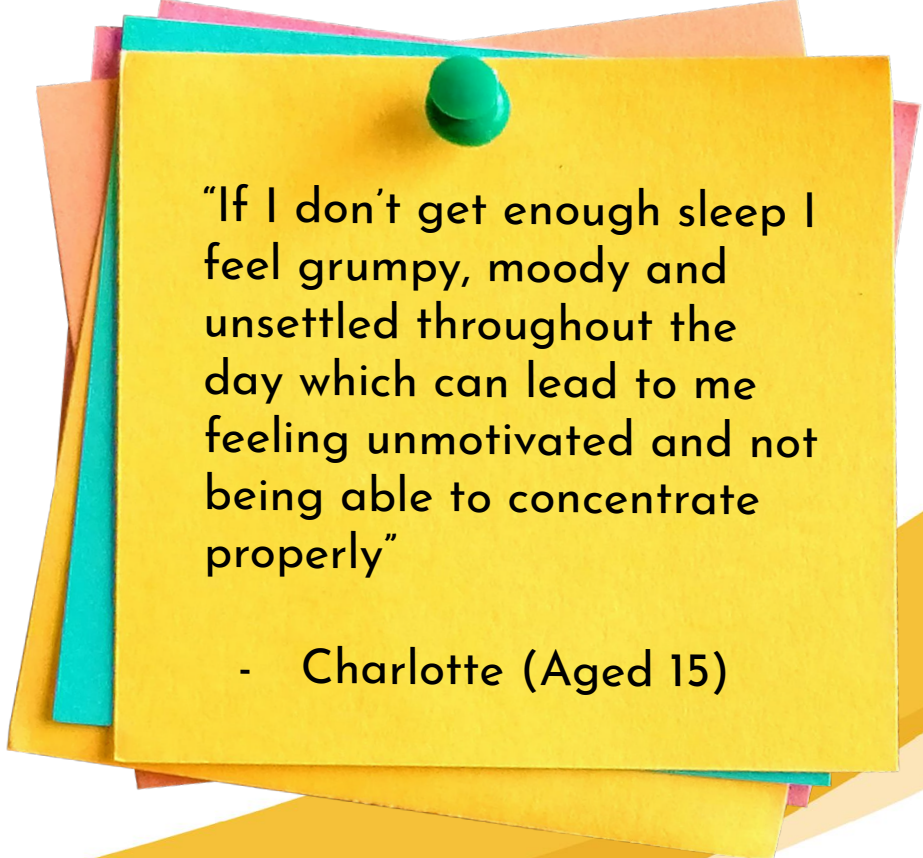
- Our body needs it- to process, restore and strengthen.
- To consolidate memories
- To restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones.
- Reduces your chance of developing chronic diseases
- Makes you more alert, focused and able to learn
- Reduces the risks of suffering with poor mental health



What happens if we don't sleep enough?

Sleep is essential to your physical, emotional and mental wellbeing.

- Physiological
- Psychological
- Psychosocial
- Cognitive



"If I don't get enough sleep I feel grumpy, moody and unsettled throughout the day which can lead to me feeling unmotivated and not being able to concentrate properly"

- Charlotte (Aged 15)

How much should our children sleep?

Newborns (0-3 months): 14-17 hours each day

Infants (4-11 months): 12-15 hours

Toddlers (1-2 years): 11-14 hours

Preschoolers (3-5): 10-13 hours

School age children (6-13): 9-11 hours

Teenagers (14-17): 8-10 hours

Younger adults (18-25): 7-9 hours

Adults (26-64): 7-9 hours

Older adults (65+): 7-8 hours

45 %

45% OF
ADOLESCENTS
REPORTED
GETTING LESS
THAN EIGHT
HOURS PER
NIGHT

Why does your teen have trouble sleeping?

Percent of parents reporting their teen has trouble falling asleep or staying asleep

Won't get off electronics/social media/phone

56%

Irregular sleep schedule due to homework/activities

43%

Worry about school

31%

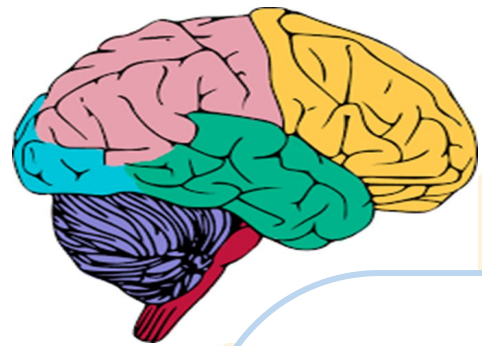
Worry about social life

23%

Health problem/
medication

10%

Source: C.S. Mott Children's Hospital
National Poll on Children's Health, 2018



How are teens affected?

MELATONIN

Melatonin is released later

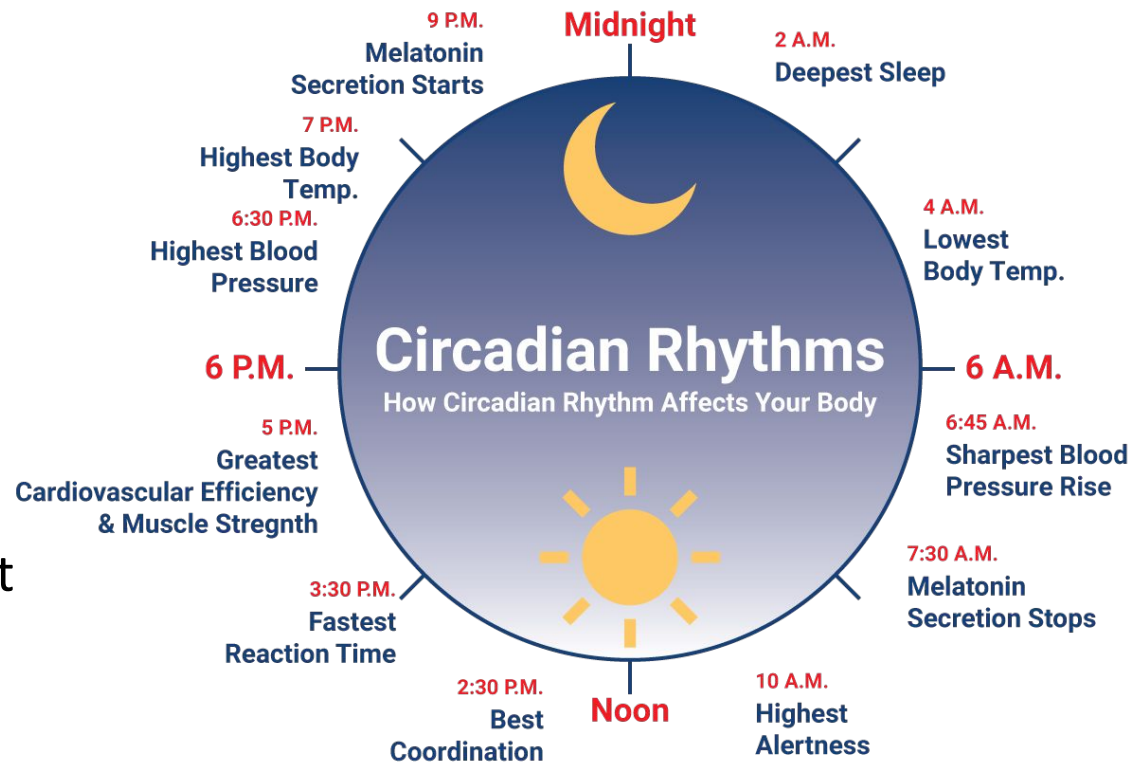
Brain development:

Social changes

Reward not reason

Poor regulation and planning

Cumulative effect on excitement and willingness to learn



Adolescent attachment

- During adolescence attachment to primary caregivers and adults shifts to the peer group.
- Groups of adolescents that present themselves as a new and accepting 'emotional safe haven' will act as primary attachment figures.
- They enter, for the first time, into intimate relationships with others, and embark on other adventures, without necessarily gaining the consent of parental attachment figures.

What can help?



Sleep Hygiene



DOs

Tips for getting restful sleep

Routine

It's important to have **routine**.

We can't control when we fall asleep, but can control when we go to bed.

Sleep schedule

- Go to bed and get up in the morning at the same time each day
- No naps or lie ins

Pre-bed routine

- Create a consistent routine to help the body relax. This encourages the release of melatonin.

Daily Routine

- Importance of exercise, no matter how small
- Reduce stimulants such as caffeine, alcohol and nicotine
- Avoid eating too late as your digestive system will need to be active instead of dormant.

Environment

- Create a good sleep environment - ensure ideal temperature, sound and light.

Ways to help your body know it is nearly bedtime...

Pre-bed routine

- Relax at least 30 minutes before bedtime.
- Get into your pyjamas.
- Write down your thoughts about the day.
- Some people find it helpful to write down a plan for tomorrow.
- Relaxing activities.... Reading, listening to relaxing music.
- Try some relaxation strategies - breathing exercises, grounding technique, relaxed place imagery.

Step away from screens!

Research confirms that the amount of time we spend looking at screens impacts our sleep. Do you watch TV or scroll through your phone a lot during the day and particularly before bed?

Electronic devices emit artificial (blue) light which inhibits melatonin. Melatonin is a hormone which sends us to sleep -no melatonin, no sleep!

It is recommended to avoid screen time at-least
30 - 60 minutes before bed (the longer the better!)

We know that reducing screen-time is not easy! Some ideas that other young people have found helpful are:

- Replace screen time with calming activities; for example, reading or relaxation strategies
- Keep your screens out of your bedroom

Tips for during the night



Not being able to fall asleep or waking up in the middle of the night can be so **frustrating!** Try to follow these rules if this happens to you:

- a) **Stop** looking at the time.
- b) Don't just toss and turn! If after 20 minutes you're not able to sleep, get up and do something **relaxing**. Maybe a relaxation exercise? Remember to avoid screens.
- c) If you find you're worrying, try **writing** these things down, labelling them and letting them drift off. If it is actually a problem on your mind, you can come back to it tomorrow.
- d) **Distraction** sequences: we know this is an old person thing, but counting sheep or thinking about certain colours can be helpful.

Are they worried, stressed or anxious?

- **Asking questions – being curious:**
“I wonder if you’re feeling ___?” “I wonder if you’re worried about ___?”
- **Empathising**
“Those sound like some really difficult thoughts / feelings to be having”
- **Check their understanding** – “does that make sense?” **but also yours** – “have I understood that you feel _____ because of _____?”
- **Labelling emotions**
“I can see that you’re feeling _____”

5 4 3 2 1 Grounding

**5 things we can
see**



**4 things we can
touch**



**3 things we can
hear**



**2 things we can
smell**



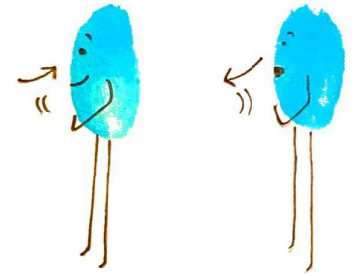
**1 thing we can
taste**



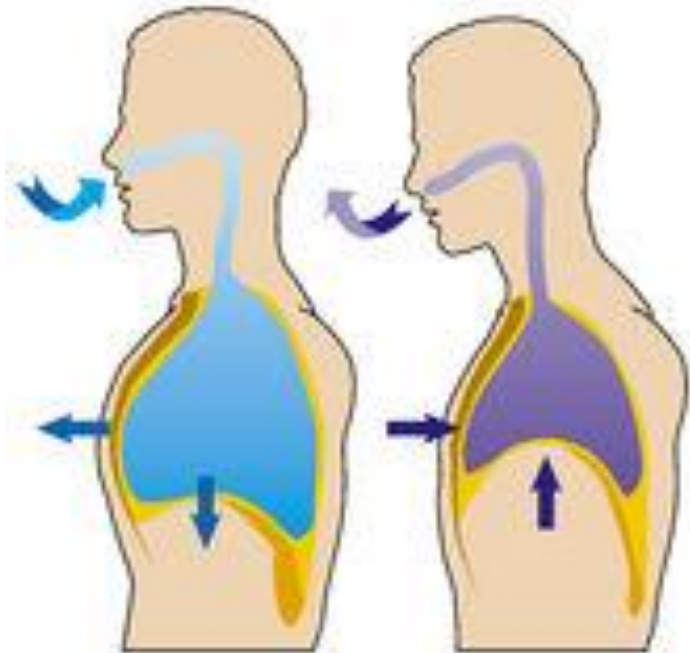
Relaxed Imagery

- Start by getting comfortable in a quiet place where you won't be disturbed.
- Focus on your breathing for a few moments and close your eyes.
- Imagine a place where you can feel calm, peaceful and relaxed. It may be a place you've been to before, somewhere you've seen a picture or somewhere entirely from your imagination.
- Look around you in your relaxing place, what can you see? Notice the colours and shapes.
- Listen and notice the sounds that are around you.
- Think about any smells you might notice.
- Focus on any physical sensations
- Notice how your body feels whilst you are in your safe place. Try to let go of any left-over tension in your muscles.
- You can stay in your safe place as long as you want to; you can leave at any time by opening your eyes and bringing yourself back to the here and now and you can return here any time you need to.

Deep Breathing



We can use deep breathing to combat the physical effects of stress and reverse the FFF response.



To take a deep breath:

1. Place your hand on your stomach
2. Breathe in gently through your nose
3. Imagine the lowest part of your lungs filling with air until they become completely full
4. Hold the breath for a second or two. The whole of the top part of your body should feel tense
5. Gently breathe out, fully and completely, starting from the base of the lungs and *relax*.....

Progressive Muscle Relaxation

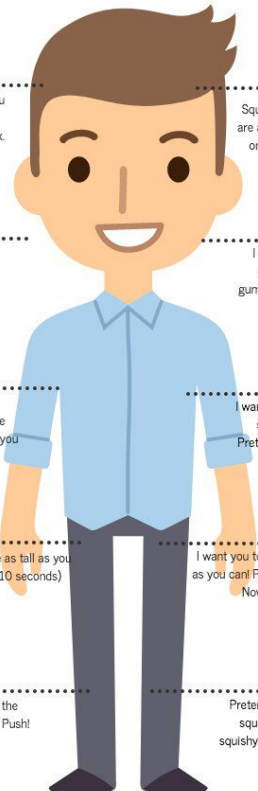
Muscle tension is associated with stress
Reducing muscle tension should therefore
reduce stress

One method which people have found
helpful for this is Progressive Muscle
Relaxation (PMR)

Progressive Muscle Relaxation

Progressive Muscle Relaxation

Whole Body Script



1 Forehead
Scrunch up your forehead like you are thinking hard! Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)

2 Eyes
Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish! No peeking! (10 seconds)

3 Cheeks
Puff your cheeks out as far as you can! Make them bigger, like you have a mouth full of food! Now, relax (10 seconds)

4 Mouth
I want you to pretend you are chewing a really big piece of gum! It's really hard to chew, but keep chewing! (10 seconds)

5 Shoulders
I want you to try and touch your shoulder blades together! Squeeze tighter, you're almost there! Now you can relax (10 seconds)

6 Arms
I want you to make your arms as straight and stiff as possible! Pretend you are frozen! Now you can relax (10 seconds)

7 Lower Back
Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax (10 seconds)

8 Legs
I want you to make your legs as straight as you can! Pretend you are frozen again! Now you can relax (10 seconds)

9 Feet
I want you to press your feet into the ground as hard as you can! Push, Push! And now relax (10 seconds)

10 Toes
Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax (10 seconds)



What could you try out?



Aim to be in bed, ready to fall asleep by:

Routine before bed:

If you're struggling to sleep:

Wellbeing

**PUT ON
YOUR
OWN
OXYGEN
MASK
FIRST.**



Helpful Resources

Books

- Matthew Walker - Why We Sleep
- Richard Ferber - Solve Your Child's Sleep Problems

Websites

- NHS - www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/
- The Sleep Charity - <https://thesleepcharity.org.uk/information-support/children/>
- Guided body scan script - <https://www.mindful.org/body-scan-kids/>
- Teen sleep hub - <https://teensleephub.org.uk/teens-young-people/>

Apps

- Calm, Headspace, Sleepio, Pzizz

Speak to a GP or Mental Health Lead at Chessington Secondary if you are still having issues with your child's sleep after making these changes.



Questions - Ideas - Feedback

Please complete a
feedback form

<https://forms.gle/Zgg9ZTynd4WC1SSU6>