

# World Sleep Day: 19th March 2021

## Information for families

Did you know that sleep can affect your mood, focus, stress levels and physical health? A solid night's sleep is essential for a long and healthy life! [Find out more about why.](#)

### Parent/carer healthy sleep workshop

Watch this short video from your Warwickshire school nurse team to learn how you can improve the sleep routine of young children and encourage healthy sleep: [youtu.be/c9nApj6IVIk](https://youtu.be/c9nApj6IVIk)

### Sleep and mental health

There's close relationship between sleep and mental health. Living with a mental health problems can affect how well you sleep, and poor sleep can have a negative impact on your mental health. [Learn more from Mind.](#)



#### Top tips

[For children with additional needs](#)

[For teens](#)

[For adults](#)



#### Easy read sleep information

[Games for children & young people](#)

[Children's easy read](#)

[Teen & adult easy read](#)

[Sleeping problems](#)



#### Watch videos about sleep

[Are you getting enough sleep?](#)

[Wind Down - switching off](#)

[Simple tips for better sleep](#)

### Before bed yoga relaxation

Watch a relaxing before bedtime yoga video. It might just help you sleep!

[Children - Kids yoga for better sleep by Cosmic Kids](#)

[Teens and adults - Yoga for bedtime by Adriene](#)



## Physical Activity and Sleep

Physical activity and exercise can help you sleep. Moderate exercise increases the amount of deep sleep, where the brain and body have a chance to rejuvenate. Exercise should be performed at the right time allowing your body time to relax before bed. See the government [Physical Activity Guidelines](#) to find out how much you should be getting based on age. Families with children could try the [Superhero workout](#), give a [Joe Wicks PE a go](#), or go for a brisk walk or bike ride for the added benefits of some fresh air and vitamin D.

## The Pzizz app for young people and adults

The app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses 'Dreamscapes' – a mix of music, voice-overs and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.

🖱️ [nhs.uk/apps-library/pzizz/](https://nhs.uk/apps-library/pzizz/)



## Sleep Support Services

### [Mind useful contacts](#)

Contains useful support service information for people of all ages.

### [NHS Every Mind Matters](#)

Sleep information, advice, tips and support service information.

## Support from Warwickshire School Health & Wellbeing Service

Young people age 11-19 can text a school nurse to discuss any concerns about sleep or general wellbeing via ChatHealth - the number is **07507 331 525**. This service is confidential and free. We encourage young people to save the number in their phones so it's there whenever they need it.

Parents/carers can text a school nurse for support via ParentLine on **07520 619 376**, or alternatively you can call **03300 245 204**. Our office hours are 9am-5pm Monday to Friday. Find out more on our [website](#).