World Sleep Day: 19 March 2021

With many of our normal routines out of sync, it's more important than ever that we, and our children, get good quality sleep

mind
for better mental health

Hammersmith, Fulham, Ealing and Hounslow

Photo by AnnH from Pexels

"I am very grateful for this service and I am glad that I called. Such support for families is of the greatest value." (Parent)

A goods night's sleep helps with both our physical and mental health. It helps our concentration, memory, reduces stress, improves mood and allows the body to repair and boosts our immune system. With many of our normal routines out of sync, bedtimes can get later and later.

Make Your Bed Your Haven of Sleep

Try to keep yours and your children's beds for sleeping. It can be tempting to watch movies or work from bed but this can make your brain associate bed with thinking and entertainment, instead of calm and rest

3 tips
For a good night's sleep

Avoid Stressors Before Bedtime

Consider leaving lots of time between finishing your daily tasks and going to bed. Try and complete things, like homework and reading, before bedtime so children can wind down before going to sleep

Practice Bedtime

If you are struggling to get your children to bed consider creating a bedtime routine together. For younger children, have some fun doing a 'practice bedtime' and going through the routine even though its not actually bedtime. Research shows practicing new routines before they are needed helps make them successful

Ella is an Educational Mental Health Practitioner (EMHP) and is part of the West London Mental Health Support Team (WL MHST) which supports school staff, children and parents to think about self-care, emotional wellbeing or behavioural issues.

For further information, please contact
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to schedule an appointment with Ella.

NHS
North West London Collaboration of
Clinical Commissioning Groups

Anna Freud
National Centre for
Children and Families

Check out our video channel, providing you with resources and support on a variety of mental health and wellbeing topics: www.my-mind.tv

For blog posts, and to learn more about the support we offer, see our website: www.hfehmind.org.uk