

SENCO Newsletter

October 2025

This month's focus is sleep with tips from our school Nurse.....



The Teen Sleep Hub is the one stop shop for all things sleep. If you are looking for advice on how to support your young person to sleep better, tips on tweaking your routine or help to understand the science behind sleep patterns then this is a good place to check out.

<https://teensleephub.org.uk/>

Sleep Hygiene

Sleep can be a big challenge, not only for teenagers but especially for teenagers with Autism or ADHD. Here are some tips for promoting good sleep hygiene – some of these may be challenging but choosing one and trying to put it in place is a good start!

- Have a banana and/or a glass of milk before bed
- Children worry and think at bedtime as it is time to process in a dark room. The more they talk about things, the less they worry.
- Try not to use screens in the hour before bedtime but if you do, apply the blue light filter setting
- Young people should try and wake up at the same time every day and go to bed at the same time every day
- Try and get out in the mornings – exposure to sunlight helps sleep

It's normal to have trouble sleeping sometimes. But if your young person is having lots of sleepless nights and it's starting to affect their daily life, you might need to think about supporting them to change their habits or get support. Young Minds have advice that can help.

<https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

YOUNGMINDS



Support for your young person is available from the School Nurse. If you think this would be helpful then please contact Nurture Leads for more information.