

# Safa Community School

# Wellbeing Newsletter

April 2021



## Thank You

This newsletter has been put together with the support of one of our parents Aryssa Amin.

Aryssa is a life and gentle parent coach and runs her own business outside of school. If you wish to see some of the work Aryssa has done to support people in the community you can view:

[www.ryssdom.com](http://www.ryssdom.com)

@ryssdom\_coaching (IG)

<https://www.facebook.com/RyssdomCoaching>



## Safa Focus: Sleep



In this week's edition of Safa Focus, we are talking about sleep!

Sleep is an essential component to a person's optimal health and overall wellbeing.

These days, we don't give sleep the attention it so rightly deserves. Modern day life has prevented us from embracing the benefits of sleep and unfortunately taken it off the pedestal.

Our physical and mental health depends on the amount of sleep we get each night. You may find that after a night of broken sleep, you lack clarity and focus. It is also common to feel grouchy and irritable when you don't feel rested.

Lack of sleep has also been considered to be one of the key reasons for stress and depression, so it's easy to see why it's important that we consider making sleep a priority!





# What Are The Benefits of Sleep on Your Mind and Body?

## Social and Emotional Intelligence

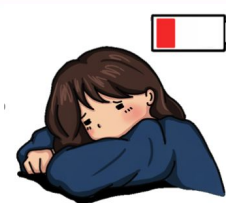
Sleep is linked to your social and emotional intelligence. What does this mean?!

When you haven't had enough sleep you lack clarity which means that you are unable to see things as they are.

It is for this reason that you are unable to recognise the emotions of those around you. You are unable to pick up on expressions and therefore are less likely to be compassionate or empathetic.

However, when you are fully rested, the opposite is true. You are able to see things with clarity and are able to make sense of the world and the situations which surround you.

Furthermore, you are able to connect with people with compassion and empathy.



## Reduce Stress and Prevent Depression

Sleep is known to reduce stress and prevent depression

This links with the point above. Naturally when you feel fresh after a good night's sleep, you feel lighter and more intune with your surroundings. You feel like you are able to take on what the day has in store because your mind feels rested. You can make rational decisions and feel more empowered and energised which would not be true if you did not benefit from the hours your mind and body needed to repair.



It is important to communicate this to your child so they can consider swapping their devices for an additional hours rest which will benefit them in multiple ways both at home and at school!



# What Are The Benefits of Sleep on Your Mind and Body? - continued

## Immune Boost

Sleep is known to repair the mind and body. When you are far away in LaLa land, your body is working on repairing itself through cell regeneration, so you wake up feeling, well.. better! The more you sleep, the more the body repairs, the more the body repairs the stronger you feel!



## Better Productivity and Concentration

Have you attended a meeting after just 3 hours of sleep? I have! I have noticed that on these rare occasions, I can't concentrate, I lack creativity and there is no hope of me saying anything rational or productive!

This is because several studies have shown that sleep deprivation affects your brain's functionality! An overworked brain is a tired brain and just like the body, the mind needs it's rest too.

## Physical Activity and Endurance

Your performance in any activity is heightened when you have slept well. You have more energy, speed and coordination. So if you're taking part in any kind of physical activity, sleep is key!



How much is the right amount?

Age	Recommended Hours of Sleep
Infants (4-12 months)	12-16 hours
Toddlers (1-2 years)	11-14 hours
Preschool Aged Children (3-5 years)	10-13 hours
School Aged Children (6-12 years)	9-12 hours
Teens (13-18 years)	8-10 hours
Adults (18-60 years)	7-9 hours
Older Adults (over 60 years)	7-8 hours





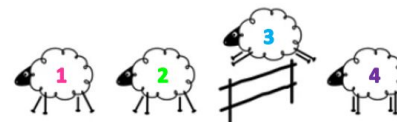
# Top Tips for a Good Night's Sleep

## Sleep is Vital for Quality of Life



It is evident that sleep is vital for your overall well being as well as your quality of life. So I invite you to be conscious of how much sleep you are getting each night. Perhaps consider swapping an episode on Netflix for an extra hours sleep and see how that makes you feel.

Following are a few tips which can aid a restful sleep, these include:



- Consider a sleep ritual where you create the space to wind down and quieten your mind before you go to sleep - A nice warm drink, a warm bath, a book in bed or listening to a meditation app can often help.
- Try to avoid a heavy meal close to bedtime. A bloated or noisy stomach can often distract you from falling asleep. It is recommended that you have your main meal at least 3 hours before bed.
- An evening workout can help to release endorphins and naturally put your mind into a relaxed state. Yoga and breathing exercises can also aid a restful sleep.
- Turn off your devices and limit exposure to blue light. Give yourself a cut off period when you put down your device and transition into a sleep ritual. An excess of information overload before bed will over stimulate your mind and prevent you from falling asleep.

It may also be beneficial to speak to your child about the importance of sleep so that they are aware of how an extra hour in bed could make all the difference. I encourage you to convince them to swap their device for an extra hour in bed....I know, it's a longshot but well worth a go, what do you say?! 😊

