



<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Children who come to school tired struggle to learn effectively. Tired and irrational children who struggle to manage their behaviour stop other children from learning too.

The link above will take you to resources on the NHS website. It covers:

- How much sleep a child needs by age
- Importance of bedtime routines
- Managing sleep environments
- The impact of tiredness and fatigue
- Relaxation tips to help sleep
- Teens and sleep