

Haileybury Turnford

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Dear Parent/Carer

It has come to our notice that a small number of our students may not be getting the required number of recommended hours of sleep and are therefore struggling to concentrate and focus properly and be ready for their learning. A minimum of 8 to 9 hours' good sleep is recommended for teenagers on a school night according to the NHS guidelines. Further information and advice about sleep tips for teenagers can be found on the link provided below:

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/#limit-screens-in-the-bedroom>

We would like to take this opportunity to signpost you to further guidance about how you can ensure your teenager is getting enough sleep to stay healthy and do well at school.

Limit Screens in the bedroom

If possible, don't have a mobile, tablet, TV or computer or games console in the bedroom at night. Having screens in the bedroom also means your child is more likely to stay up late interacting with friends on social media. Encourage your child to have at least 30 minutes of screen-free time before going to bed.

Exercise for better sleep

It is official: regular exercise helps you sleep more soundly, as well as improving your general health. Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns, too.

Cut out the caffeine

Suggest that your child drinks less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed. Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.

Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better. Read some advice on [how to talk to your teenager](#). You could also encourage them to jot down their worries or make a to-do list before they go to bed. This should mean they're less likely to lie awake worrying during the night.

Have a good routine

Encourage your teenager to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep. Use these [bedtime routine tips](#).

Please do not hesitate to contact your Year Achievement Coordinator or Tutor should you have any concerns relating to your child and the above advice.

Thank you for your support in ensuring your child is ready for learning.

Yours faithfully

Mrs M Goodes

Vice Principal



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Principal: Robin Newman MSc MBA

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Registered office: Haileybury Academy Trust, London Road, Hertford Heath, Hertford, Hertfordshire, SG13 7NU

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