Wellbeing 💗 Wednesday

Dear Families

Welcome to Wellbeing Wednesday once again. Last Friday was National Sleep Day and we shared some information about the power of sleep. It is a really important area for us to understand and discuss as we know may people's routines and sleeping patterns have been disrupted during the pandemic.

We know that good, deep sleep helps us to:

- **Learn and create memories**
- **Have a healthy heart**
- **Have a strong immune system**
- **Feel happier**
- **Maintain a healthy weight**
- **Have glowing and healthy skin**

Honestly - these are all scientifically proven!

If you or your family members are struggling with sleep at the moment, click on the link below and read some advice - my top tip - TURN OFF YOUR PHONE or DEVICE an hour before trying to sleep - the blue light and stimulation from the screen really interferes with your brain being able to switch off...yes I know...we all like a good scroll before sleeping...but seriously - give it a go!

https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/

Take care and stay well,

Mrs George and the Wellbeing Team