

Sleep Checklist

- We surveyed over 4,000 primary school children in Sheffield
- They told us that **sleep** was a major problem for them.
- These are the main reasons they said they couldn't sleep...

- Going to bed too late**
- Being kept awake with worries**
- Room environment (e.g. broken bed/too warm)**
- Parents/carers arguing**
- Looking at screens (e.g. TV, tablet) late at night**
- Watching scary videos/films**
- Being woken up by noisy family members**

*"If we get sleep right,
mental health will follow"*