

Open Minds (CAMHS)

Parent/carer Sleep Difficulties workshop – Resource pack

Non-REM (Rapid Eye Movement) stage 1

We start to feel **drowsy** as our heart rate slows and body temperature drops. We are still aware of what's going on around us and can be easily woken.

REM (Rapid Eye Movement) sleep stage 4

Our eyes move rapidly from side-to-side and we dream during this stage. While our brains become more active - our bodies relax and our arms and legs are still.

About **20%** of a night's sleep is in this stage.



Non-REM stage 2

We fall into a state of light sleep.

About **50%** of a night's sleep is in this stage.

Non-REM stage 3

We fall into very **deep sleep**. We are less likely to be woken by noise and will appear confused and groggy if woken up. This is the time the body does repairs and builds up energy for the day ahead.

Sleep action plan



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Action 1:
Action 2:
Action 3:
Action 4:
Action 5:
Action 6:
Action 7:

Children's Sleep Diary

Start date:

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Time they woke up in the morning

Any naps during the day - note the duration

Time bedtime routine started

Time the child was in bed

Did you stay or did they self-settle?

What time did they go to sleep?

Times they woke up in the night/ how long were they awake/where did they go back to sleep? Your bed/ their bed, etc.

Total number of hours sleep
