

Sleep Health as a Public Health Issue

Health Select Commission

23rd January 2025

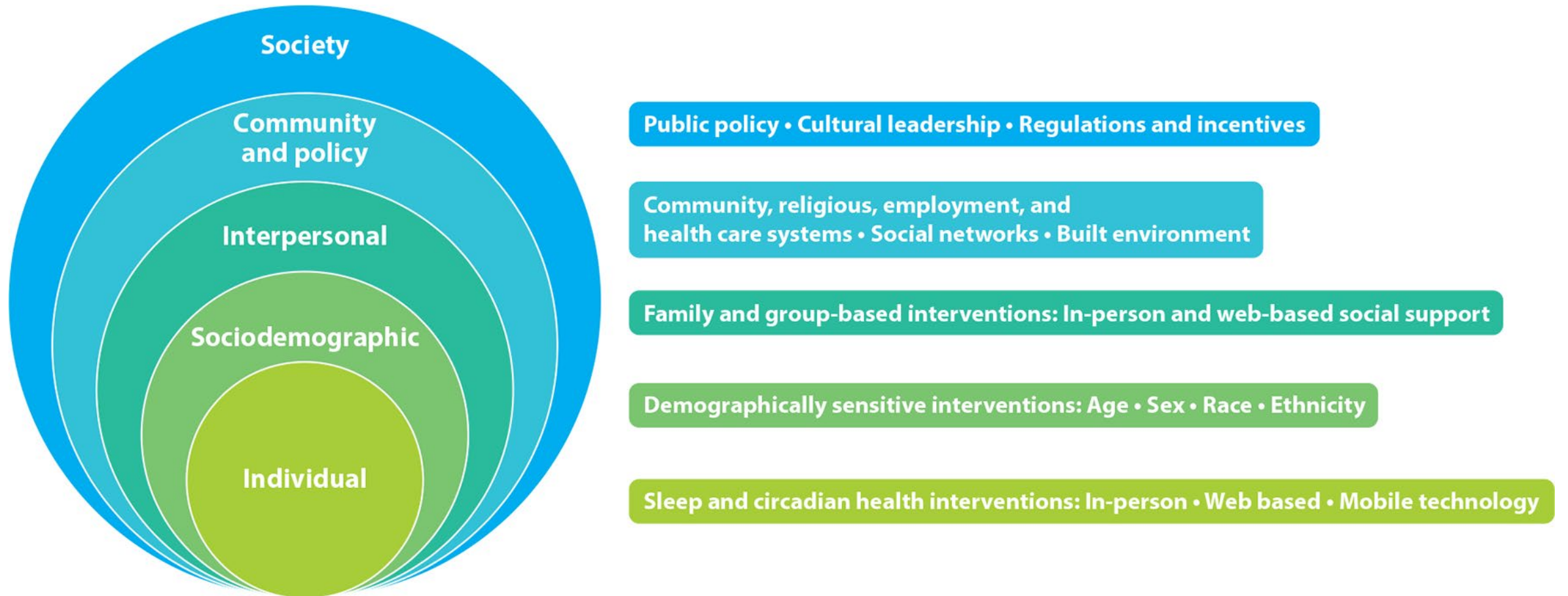
Introduction

An underacknowledged public health concern

- Poor sleep health strongly associated with morbidity and mortality
- Causal role of poor sleep
- Risk factor for Cardiovascular disease (CVD), obesity, mental health, and neurodegenerative diseases
- Functional and economic impacts of poor sleep health
- Sleep has a socioeconomic context – determinants go beyond the individual and lead to inequalities in sleep health
- Emergence of holistic approach to promoting sleep health

Determinants of sleep health

Biological	Age and sex Chronotype	Environmental	Disasters Air quality Ambient temperature Noise Light Green space
Behavioural	Alcohol Caffeine Fasting Diet Physical activity Sedentary behaviour Gaming and social media Cognitive activity Music listening	Personal & Socioeconomic	Attachment style Sexual orientation Psychological disposition Ethnicity Work Psycho-social stress Social relations Socioeconomic status Seasonal and cultural patterns



Multilevel intervention zones, based on socioecological model of sleep health

Philippens N, Janssen E, Kremers S, Crutzen R. Determinants of natural adult sleep: An umbrella review. PLoS One. 2022

Safe Sleep in infancy/childhood

Factors affecting a baby's safe sleep

- Sleeping position
- Clear cot
- Room temperature
- Breastfeeding
- Smoking
- Alcohol
- Immunisations

Importance of role for Midwives,
Health Visitors, Early Help and other
professionals

Bed poverty

- SYMC 'Safe Space to Sleep programme'
- Referral-based scheme to ensure all children in South Yorkshire under five have access to good quality beds and bedding

Place Priority

- Sleep issues are a common phenomenon in children and young people.
- It has been reported that 40% of all children and young people will experience sleep disorders at some time in their early lives. This percentage rises in children with Special needs particularly children on the autism spectrum and in Looked after Children.
- 80% of children in the portage service have sleep disorders of some sort.
- A high number of children and young people are prescribed melatonin to manage their sleep disorder. Earlier identification and improved access to assessment and intervention will support children's emotional wellbeing, mental health, neurodevelopment, and sleep hygiene.
- Additional to the physical and psychological issues linked with sleep deprivation, there is a significant financial cost in prescribing sleep medication to children in Rotherham. £400,000 was spent on Melatonin prescribing in 21/22.
- Developing a tiered Sleep Pathway is a priority in the Place Plan 23/25 and implementing and embedding the pathway is a priority in the SEND Joint Commissioning Strategy 2024 – 27.



Tier 1

Universal
service offer

Easily accessible resources like online information hubs and evidence-based sleep hygiene advice provided by Sleep charity, lullaby trust etc. Universal advice from midwives, Health Visitors, including use of 0-19 health app, Early Help and other professionals.

Tier 2

Targeted health
education and
support

Specific sleep programs offered by health services, local authorities, and third-sector organisations. Examples include online programs, apps, Sleep tight, and brief interventions. Referrals to Tier 3 if issues persist.

Tier 3

Intensive Sleep
Service (0-19
Service)

Referral-based service offering individualised sleep programs for children, young people, and families. A combination of home and clinic visits with phone support. Health Visitors triage referrals and develop care plans implemented by trained Nursery Nurses using the Sleep Charity Program

Tier 4

Secondary care

For cases unresolved by Tier 3, referrals are made to Rotherham Place ICB Community Paediatricians or the Sheffield Sleep Clinic, in consultation with GPs.

Tier 1

Universal
service offer

National Charities provide resources online.
Resources are available on the Rotherham SEND Local Offer.
RDaSH With Me In Mind have developed resources and top tips.
Rotherham Sensory OTs have developed a resource for parents and carers.

Tier 2

Targeted health
education and
support

RMBC Public Health commission 0-19 service who offer sleep hygiene advice and refer when to tier 3 when required.
RMBC CYPS provide Early Help support and parenting programmes including sleep hygiene advice, CWD have trained sleep practitioners, Portage service offers support.
SY ICB commission CDC and CAMHs who offer sleep hygiene advice and refer when to tier 3 when required.
SY ICP Safe space to sleep programme.

Tier 3

Intensive Sleep
Service (0-19
Service)

SY ICB have identified non-recurrent funding to pilot a tier 3 service, as an invest to save project, to reduce spend on prescribed melatonin, this reflects NICE guidance, reduces dependency on medication.

Tier 4

Secondary care

Rotherham Place ICB commission Community Paediatricians and post diagnostic ADHD service, when appropriate medication may be prescribed in consultation with GPs for cases unresolved by Tier 3 intervention. When required referrals to the Sheffield Sleep Clinic are made.

Rotherham Children's Public Health Nursing Service



Telephone support – advice around sleep patterns and routines, positive sleep methods, foods to avoid, advice around screens and the sleeping environment.



Home visits to explore individual sleep needs of families.
Signposts to further evidence-based support courses if needed.



Sleep support through the TRFT – Children's Health Service App

- Sleep cycles in infancy
- Pre-bedtime snacks
- Nighttime waking
- Bedtime environment
- Bedtime routines
- Teens and sleep



Local Resources

The screenshot shows the 'SEND Local Offer' website. At the top, there is a navigation bar with buttons for: About SEND, Health and Wellbeing, Advice and Support, Money, Early Help and Social Care, Preparing for Adulthood, Schools and Activities, Travel, and Education. Below this, the 'View A-Z of Health Services' section is visible, with a 'Table of Contents' sidebar. The 'Table of Contents' lists 15 items, with '12. Sleep' highlighted in yellow. The main content area is titled 'Sleep' and contains the following text: 'Getting a good night's sleep is important for children and young people – and for their parents/carers! If a child or young person is finding sleep difficult, then a few simple changes to bedtime routines can often make a real difference. For ideas and advice on what to try, click on the links below.' Below this text are five external links, each in a blue button: 'External Helping your baby to sleep (www.nhs.uk)', 'External The Good Night Guide for Children (betterhealthatworkaward.org.uk)', 'External Sleep (sybhealthiertogether.nhs.uk)', 'External The Sleep Charity (thesleepcharity.org.uk)', and 'External Sleep (withmeinthemind.co.uk)'. Further down, there is a section titled 'If these ideas don't seem to be working – or it's proving difficult to put them into practice – then there are a number of services in Rotherham that can offer support'. This section contains four pink buttons with white text and a plus sign: 'The 0-19 Integrated public health nursing service', 'Early Help Team', 'Rotherham Parent Carers Forum', and 'Other sources of help'.

<https://www.rotherhamsendlocaloffer.org.uk/health-and-wellbeing/> (12. Sleep) – SEND local offer



Sleep

The importance of sleep cannot be underestimated, it is vital in maintaining our overall health and well-being. To put this into perspective we spend a third of our lives sleeping. As a parent or carer, you will know that if you have had times when you have struggled to sleep, or have been deprived of sleep, our mental and physical health is hugely affected and impacts negatively upon our lives.

As a child/young person it is crucial that sleep is maintained throughout their lives as it impacts on their ability to function, socially, emotionally and intellectually. Recently we have seen changes to sleep recommendations for all, see below



How Much Sleep do we Really Need?

- Pre-schoolers (3-5yrs) 10-13 hours
- Schools aged children (6-13yrs) 9-11 hours
- Teenagers (14-17) 8-10 hours
- Adults (17-65) 7-9 hours
- Older adults (65+) 7-8 hours (reference??)

It is vital that children and young people have a sleep routine, that does not change.

[Top Tips for Parent and Carers](#)

For further information visit:

[Top Tips: Children and Young People](#)

[Sleep Foundation: Sleep Disorders](#)

[NHS: Tips for Teenagers](#)

[The Children's Sleep Charity: Support and Advice](#)

We have included some resources for you to read through and use :

[Sleep resources for Parents and Carers](#)

SLEEP AND SENSORY PROCESSING



How Does Sensory Integration Impact Sleep?

[https://www.rotherhamsendlocaloffer.org.uk/wp-content/uploads/2023/01/SLEEP AND SENSORY PROCESSING.pdf](https://www.rotherhamsendlocaloffer.org.uk/wp-content/uploads/2023/01/SLEEP_AND_SENSORY_PROCESSING.pdf)



Sleep

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.



Increasingly, studies show that the pattern and quality of our sleep is not only closely linked with our mental health and wellbeing, but also with our immune system, our alertness/cognitive functioning, our mood, our physical wellbeing, blood pressure and general health.

What is covered?

- [Sleep problems in children and young people](#) ▾
- [What schools and further education settings can do](#) ▾
- [Further support and information](#) ▾
- [View resources](#) ▾



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Ryan was having an extended transition ready for Year 7. A referral had been made to the neuro pathway. Mum and school felt Ryan was presenting with anxiety at home and school

- Nightmares, which results in restless sleep (tossing & turning, grinding his teeth in his sleep and sometimes getting out of bed whilst mumbling something).
- Reliant on mum to settle at night
- Sleeping in his mum's bed

Formulation

Ryan's RCADS showed clinically high separation anxiety, panic and social phobia. Sandra and I agreed to focus on self-regulation and sleep. We wanted to build Ryan's independence and confidence at home and work towards a treatment goal of Ryan settling and sleeping independently in his own bed.

Evidence Based Intervention – With Me in Mind

Support Plan

A six-session, guided parent-delivered CBT program, using the book *Helping Your Child with Fears and Worries: A Self-Help Guide for Parents*.

The key elements included:

- Understanding the development and maintenance of anxiety
- Identifying Ryan's anxious thoughts and expectations
- What does my child need to learn?
- Encouraging independence
- Identifying and using rewards
- Developing a clear, step-by-step plan towards treatment goal

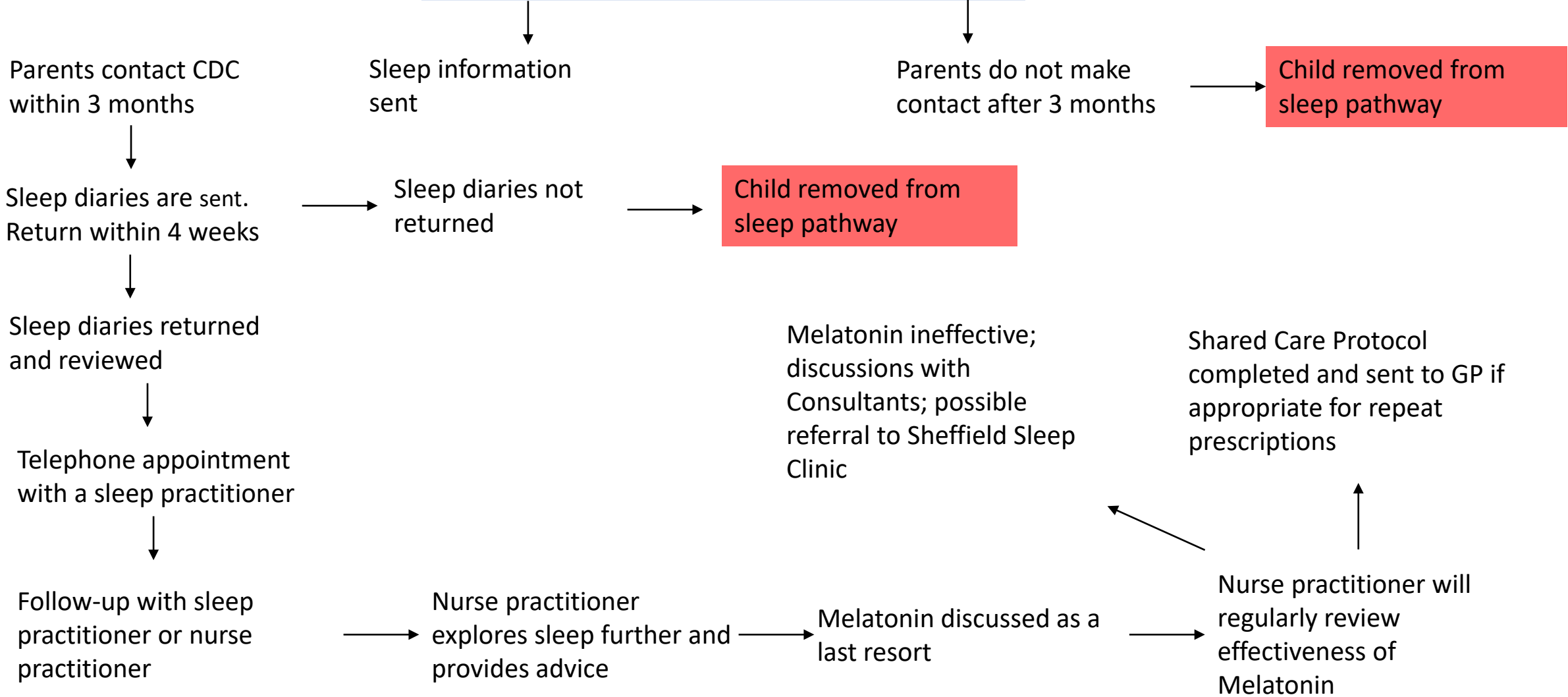
Outcome

Ryan was able to use self-soothing techniques to settle, by the end of the intervention, Ryan was successfully settling himself and sleeping independently in his own bed. Sandra became more confident in identifying Ryan's anxious predictions instead of offering comfort and reassurance. Ryan was more confident.

Sleep Support within Child Development Centre

- Sleep difficulty is identified at CDC
- Sleep Pathway - sleep information is sent to the family. Strategies need to be implemented for 3-4 months. If sleep is still a concern, family need to contact CDC.
- Sleep diaries will be sent. Once returned, a telephone appointment will be arranged, and further advice can be given
- Sleep practitioner will assess if a follow up appointment is needed with the CDC sleep team or a nurse practitioner.
- Nurse Practitioner will explore sleep further and only consider Melatonin as a last resort
- If Melatonin is ineffective or there are significant sleep issues, the Nurse Practitioner will refer to Sheffield Sleep Clinic
- If Melatonin is effective, a Shared Care Protocol can be completed for the GP to take over repeat prescriptions

Sleep problem identified and child added to CDC sleep pathway



Sleep Right, Wake Bright (Rotherham resource)



[Intro](#)

[Is being on your phone before bed a good idea?](#)

[What is narcolepsy?](#)

[Signs and symptoms of sleep apnea](#)

[Nightmares](#)

[Effects of caffeine on sleep](#)

[Sleep Deprivation Can Affect Your School Life](#)

[Self-help care](#)

[Don't lie in bed awake](#)

[Kooth.com](#)

YouTube, Rotherham Council 26th May 2022 – links for each section above

Any questions