

Time to Sleep

Date: 16th April 2025

Time: 9am-11.15am

Venue: Pye Bank Primary School

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. This is an information session for all parents/carers of children 12 months and over.

The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine



For more information please contact Sheffield Parent Hub



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Direct message (Sheffield Family Hubs)