



Parental Guidance: Sleep Hygiene & Screen Time

Healthy sleep habits and balanced use of technology play an important role in young people's wellbeing, focus and emotional regulation. While devices are a normal part of everyday life, consistent routines can help reduce overstimulation and support better rest. This guidance offers practical ideas to help families create routines that feel realistic and supportive.

How sleep affects young people

Sleep has a direct impact on mood, concentration and behaviour. When young people are well rested, they are better able to manage emotions, cope with challenges and stay engaged with learning. Ongoing tiredness can sometimes present as irritability, reduced motivation, difficulty focusing or heightened anxiety.

Creating realistic evening routines

Small changes to the evening routine can support calmer transitions to sleep:

- Encourage a consistent wind-down period before bed, reducing noise and stimulation.
- Replace late-night scrolling with quieter activities such as reading or listening to music.
- Keep sleep and wake times as consistent as possible, even at weekends.

The aim is to create routines that feel achievable rather than restrictive.

Managing devices and social media

Technology can be positive, but clear expectations help prevent conflict:

- Agree device boundaries together, such as charging phones outside the bedroom where possible.
- Use calm conversations about online habits rather than sudden rule changes.
- Focus on balance rather than removing access completely.

Involving young people in setting expectations can increase cooperation.



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Supporting consistent mornings

A predictable morning routine can reduce anxiety and help students start the day calmly:

- Encourage regular wake-up times and avoid repeated snoozing.
- Prepare bags, uniforms or lunches the night before to reduce pressure.
- Use gentle reminders rather than rushed instructions.

Consistency builds confidence and independence.

Recognising signs of sleep deprivation

You may notice increased irritability, difficulty concentrating, changes in appetite or low energy levels. If routines no longer seem effective, gradual adjustments and open conversations about sleep habits can help identify what needs to change.

Working together with the Academy

Sharing concerns about sleep or screen use allows pastoral staff to provide consistent messaging and support in school. By working together, families and staff can help young people build healthier habits that support learning, wellbeing and emotional balance.

Contacting College Pastoral Teams

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