

## Wellbeing Team Wisdom:

Because emotional wellbeing impacts academic and social success, here is a quick, research-supported curiosity to consider implementing, courtesy of RCHK's Wellbeing Team : )

Sleep: Are you (and those you love) getting enough?

A recent study looked at how people are affected by having just one hour less sleep each night for just one week.

<http://www.surrey.ac.uk/features/impact-extra-hour-sleep>  
<http://www.bbc.co.uk/news/magazine-24444634>

As you can imagine, memory and concentration were negatively affected... BUT what you may be surprised by is that in such a short time there were around 500 genes that were affected too!

When the volunteers had 1 hour less sleep a night, genes that are associated with processes like inflammation, immune response, diabetes, risk of cancer, and response to stress 'turned on'.

The good news is that the reverse happened when the volunteers added an hour of sleep for a week. Those same genes 'turned off' if people had enough sleep.

Are you and your children getting enough sleep?

How much is enough?

Here are some recommendations from the National Sleep Foundation

<http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need>

Remember to add around up to an hour to this in order to take into account the need to wind-down, and get to sleep...just being in bed doesn't count as sleep...and being in bed with an ipad DEFINITELY doesn't count!

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We hope you enjoyed our recent blog on Sleep and learned some interesting things from the talk on Gaming, Computers and the Developing Brain by Psychologist John Shanahan.

Some people have responded to us regarding both the sleep article and the talk and noticed that the biggest obstacle to them and their family getting real relaxation and to sleep early enough is the electronic devices that are constantly on around them.

- iPads
- laptops
- TVs
- smart phones
- game devices

All of these devices are constantly calling to them 'Hey! Look here. Play with me!'

They can be fun or useful BUT there is no end to:

- the game
- the search
- the app
- the email
- You Tube
- blogs
- the search
- Facebook

There is No End....except THE END you make.

Some parents have noticed and commented that as they begin to maintain limits and rules and are trying to pry a laptop or game from their children's hands at 10pm it can be a struggle that can lead to conflict.

Here are a couple of quick tips and a tool that might be useful..

1. Do figure out what time your child needs to be in bed ASLEEP (with no devices around them) to get the 9 hours sleep they need. eg. My child needs to be up at 7am for school. 9 hours before 7am is 10pm. My child needs to be ASLEEP by 10pm. That means they need to be in bed relaxing WITH NO DEVICES by 9.30pm : )

2. Do remember to lead by an example:

We learn what is right to do by watching those around us so be mindful of what your relationship to your devices and sleep is as children are watching and mimicking what you are prioritising : )

3. Do remove iPads, iPhones, computers etc from their bedrooms so that there is no distraction from rest and no temptation to 'finish' that game in the middle of the night.

Some parents find the FREE version of this program helpful in the quest to help young people balance computer use and work/sleep  
<http://www.gustodio.com>

Wishing you well

WellBeing Team

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<http://www.renaissance.edu.hk/content/counselling>