



# Humble Health

Live well, feel alive and do good.

[www.humble.info](http://www.humble.info)

13th of January 2021

Dear Pucklechurch School Community

Thank you for asking me to help the students, families and staff improve their sleep. I feel delighted to help to support the happy, healthy, harmonious and thriving culture of the school.



My name is Dr Bhatia and I work as a GP and well-being consultant. I love my job because I help people bring out their best. This includes schools, organisations and other doctors too. I specialise in sleep in the NHS, teaching it at Bristol University and also run private sleep clinics.

**Sleep is really important** for our health and well-being and hugely challenged by our modern environments. Unfortunately two thirds of adults and children are short sleeping by 2 hours, especially in these challenging times. The good news is that with a few simple changes most people can improve their sleep. It is tricky, but as a parent perhaps the most useful thing we can do is to set a good example with the 4 measures below.



**“Kids do what we do, not what we say”**

**If parents...**

- 1. Prioritise sleep (kids 65% better)**
- 2. Set regular bed/wake times (kids 1hr better)**
- 3. Set a digital sunset (Kids 45min better)**
- 4. Have a caffeine curfew (Kids 45min better)**

⇒ Improved physical health, mental health, memory, relationships, resilience...

For an 8 minute video about how you can improve your sleep click this [link](#).

If you would like to find out even more, here is a [link](#) to a 50 minute video. (Access expires on 28th Jan 2021)

If you would like some help with personalised sleep support or to improve other aspects of your health and well-being do get in touch with me at [www.humble.info](http://www.humble.info)

Best wishes, Dr Bhatia