

# FOOTPRINT

Hill House School

Cambian  
SCHOOL

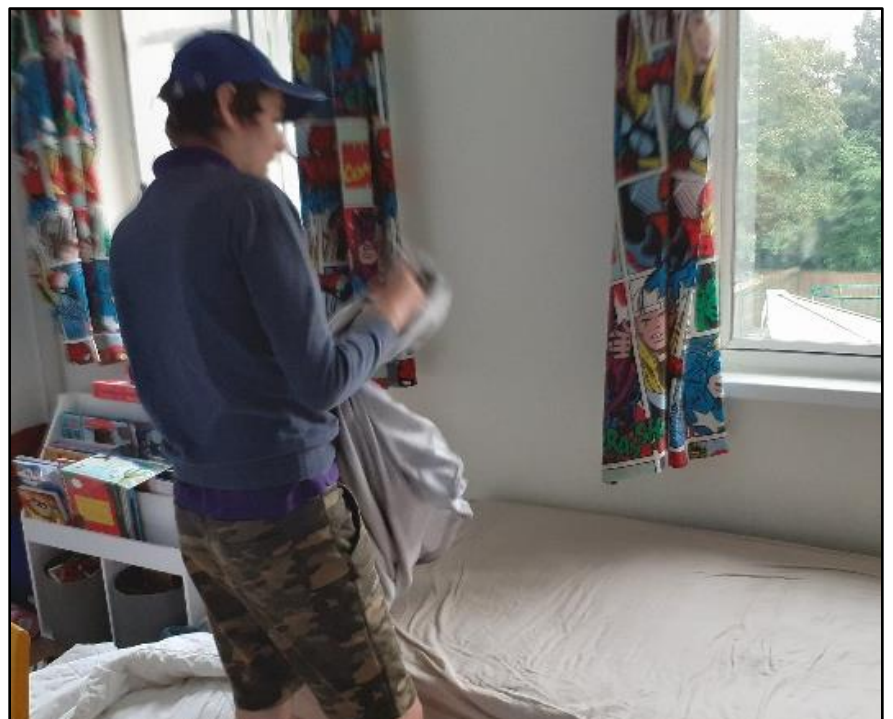
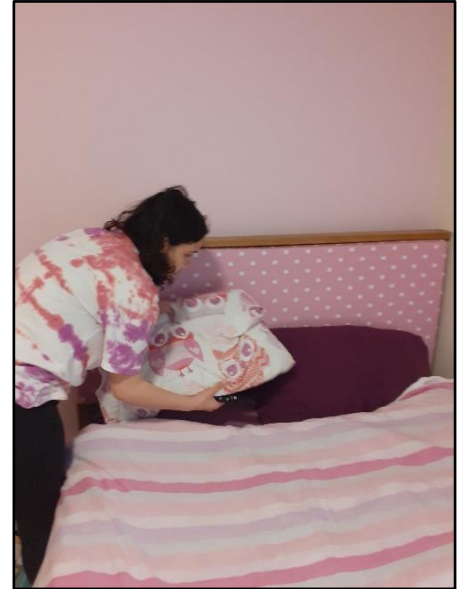
Edition #65 2024

Promoting happy, healthy and sustainable living at Hill House and beyond.

## SLEEP AND SELF-REGULATION

Getting a good night's rest can have you bouncing out of bed in the **GREEN ZONE**, happy and ready to take on the day ahead. But a bad sleep can leave you in the **BLUE ZONE** - feeling tired, down and struggling to concentrate. Just like regular exercise and a healthy diet, getting enough sleep is an essential part of looking after your physical and mental well-being.

As part of learning about self-regulation, the young people at Hill House understand the importance of getting a good night's sleep in a restful environment. All of their bedrooms have been decorated to suit their personal tastes and they are encouraged to take good care of them by keeping them clean and tidy. The young men in the Willows particularly enjoy their Night Owl duvets and we know that they have each chosen bedding from a company with sustainably responsible practices.

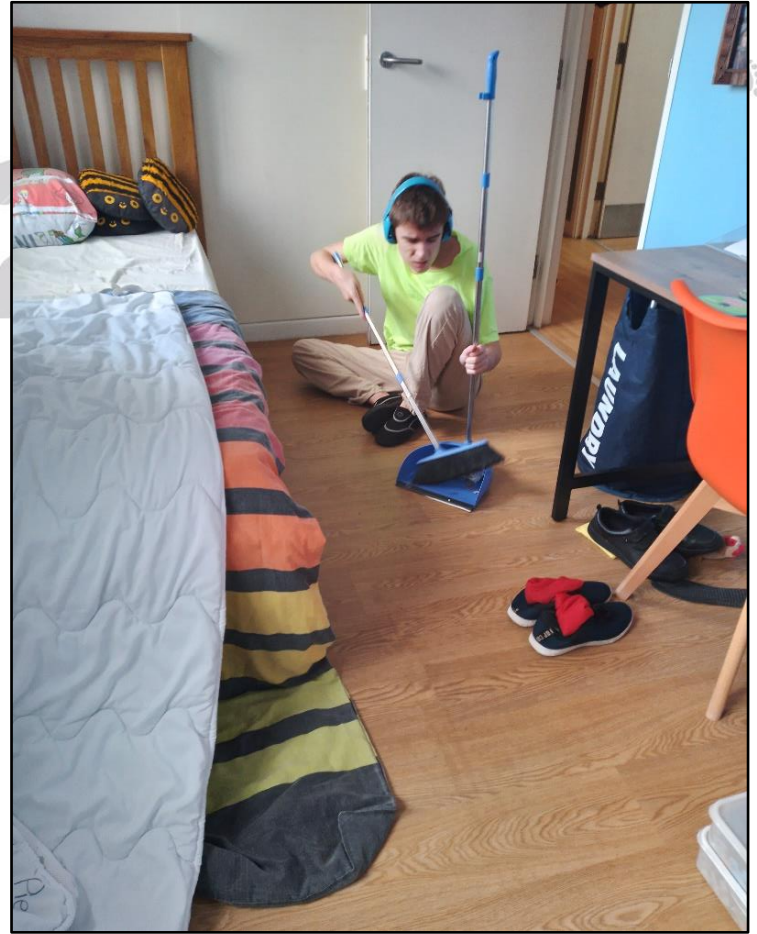


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Combian  
International School

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## KEEP CALM

As well as comfortable and sustainable bedding, some of our young people have been helped to get a good night's sleep by using the [Calm](#) app on their devices.

They have learned to incorporate mindfulness into their bedtime routines by meditating with "Thomas the Tank Engine," listening to lullabies or falling asleep to classic stories, like "Peter Pan" or "The Velveteen Rabbit."

Lavender is also a popular aromatherapy choice for sleep and relaxation. Several of our young people benefit occasionally from lavender oil lightly sprayed on their bedding (applied to the underside of their pillow). Give it a try and see if it works for you too!



#MAKEONECHANGE