

# Unaccompanied Asylum Seeking Children



Disordered sleep patterns

# Aims

- Listen to the stories UASC tell in their own voice
- Recognize why UASC experience reversed sleep patterns
- Understand symptom's of reversed sleep patterns
- Comprehend reversed sleep patterns, mimicking the symptom's of Post Traumatic Stress Disorder, ADD & Mania
- Learn UASC project sleep Interventions: sleep advice, sleep packs & reverse sleep calculator

Listen to UASC in their  
own words

[https://youtu.be/7pc  
V7FJp0hU](https://youtu.be/7pcV7FJp0hU)

# Contextual disordered sleep patterns: The journey through Europe.

- It's safer to sleep in the day-light
- Risks of beatings or imprisonment if caught without papers, so travel at night
- Huddle in groups to sleep for warmth and safety
- In the cover of darkness attempts made to board trucks
- Traffickers operate in the cover of darkness

# Understand disordered sleep patterns & sleep

**Deprivation:** These can resemble symptom's of post traumatic stress disorder, attention deficit disorder & psychosis

- Increased blood pressure
- Increased stress hormone levels
- Increased risk of diabetes
- Increased risk of fibromyalgia  
(condition that causes pain all over the body)
- Irritability
- Nystagmus (Involuntary eye movement)
- Obesity
- Seizures
- Temper tantrums in children
- Yawning
- Aching muscles
- Confusion, memory lapses
- Depression
- Development of false memory
- Hallucinations
- Hand tremor
- Headaches
- Malaise (uneasiness-restlessness)
- Stye
- Peri-orbital puffiness
- Mania

# Sleep Interventions: Practical sleep Advice, sleep Pack & Reverse sleep calculator



# Good Sleep

## Sleep hygiene presentation





# Sleep Packs

Sleep mask

Ear Plugs

Night light

Lavender





# Sleep Mask & Ear Plugs



# Night - Light





# Lavender can help with Sleep



# Sleep Body Clock CALCULATOR:

- How it works
- How to use it

# Reference

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New York: Fireside Book.

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