

# Sleep!



# Sleep

- Why do we sleep?
- What happens if we don't get enough sleep?
- How much sleep do we need?
- How can I sleep better?

# Why do we sleep?



- Sleep helps with **learning** and **memory**.
- Sleep helps us **digest** our food and process energy efficiently, helping to **maintain** a **healthy body**.
- Sleep to **stay safe**. Being well **rested** and **wide awake** helps us stay **alert**.
- To help your **mood**. Who isn't impatient or in a bad mood when they are tired?
- Getting enough sleep helps to **maintain** a healthy **immune system**.
- Our body and mind **repair** themselves as we sleep.

# What happens if we don't get enough sleep?

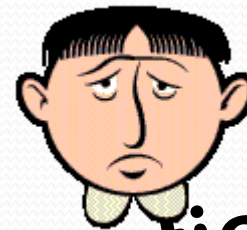


forgetfulness



short attention span

get sick easily



No patience

grumpiness



poor concentration

# Just for fun: which animal sleeps most?



1.9  
hours



18  
hours



12  
hours



3.8  
hours

3.3  
hours



# How much sleep do you need?

- What about you? How much sleep do you get?
- Are you getting enough...?



# HOW MUCH SLEEP DO WE REALLY NEED?



**26% of teenagers only  
get 6.5 hours  
of sleep per night**

SLEEP NEEDS VARY  
FOR DIFFERENT AGE GROUPS

# How can I sleep better?

## Do

- **Go to bed the same time** everyday
- **Wake-up** the same time everyday
- **Wind down:** try to relax about an hour before bedtime.
- **Unplug:** Avoid using electronic items before bed. The blue light from the screen can disrupt sleep patterns.
- **Keep your room dark.** This tells the brain it is time to switch off.
- **Keep the room a comfortable temperature**
- **Stay active:** taking regular exercise can improve quality of sleep.

## Don't

- **Rely on naps:** they do not replace a night's sleep & can stop you sleeping at night.
- **Eat too much before bed:** a light snack is fine but try not to eat a heavy meal too near bed time.
- **Drink caffeine or sugary drinks late in the evening:** these will make your brain too active to let you fall asleep easily and get good quality sleep during the night.
- **Play video games late in the evening:** certain areas of your brain will be too active to allow you to fall asleep.



# How ever you sleep...



Read more about sleeping well in your planner, imatters insert 14.

...sleep well!