

The Importance of Sleep



Why we sleep and the effect of not sleeping enough

Why do we need sleep?

Sleep is an **essential function** that allows your body and mind to recharge, leaving you refreshed and alert when you wake up.

Healthy sleep also helps the body remain healthy and stave off diseases.

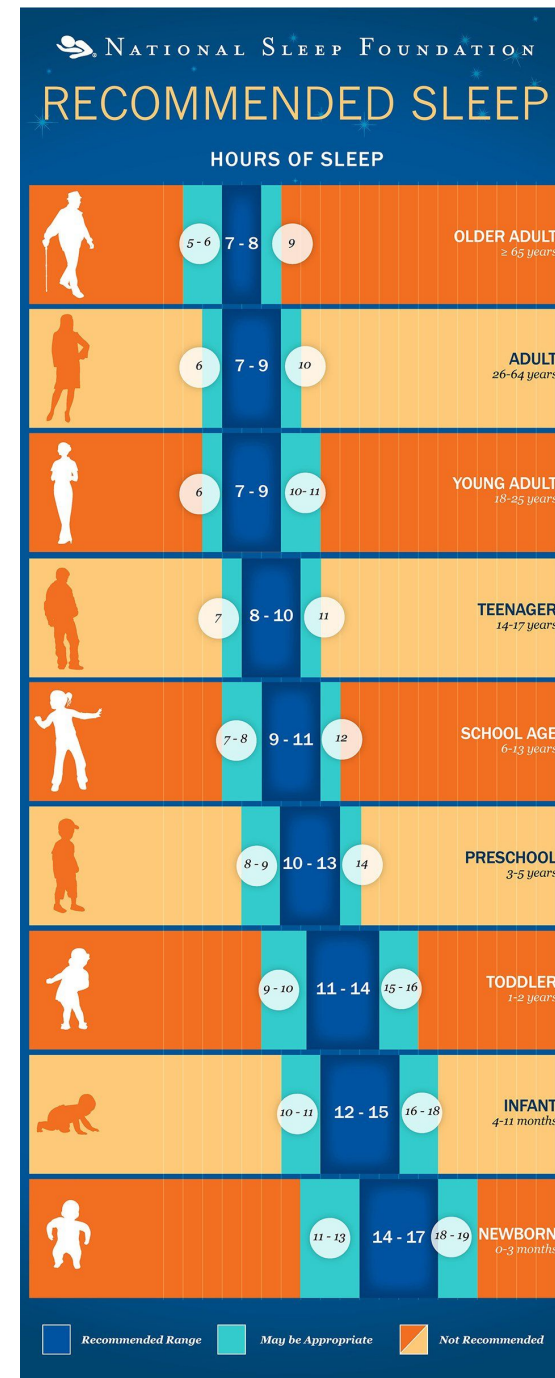
Without enough sleep, the brain cannot function properly. This can **impair your abilities** to concentrate, think clearly, and process memories.

How much should we be sleeping?

Look at the chart.

How many hours should you be sleeping?

Are you getting enough sleep?



8-11 hours

The amount of sleep people of age 11-17
should be getting each night

**WHAT are
THE
consequences
of not getting
enough sleep?**

**WHY
DOES
SLEEP
MATTER?**

CONSEQUENCE - LACK OF SLEEP

Limit your ability to **learn, listen, concentrate and solve problems.**

You may even forget important information like names, numbers, your homework

CONSEQUENCE - LACK OF SLEEP

Make you more prone to pimples. Lack of sleep can **contribute to acne and other skin problems**

CONSEQUENCE - LACK OF SLEEP

- Lead to **aggressive or inappropriate behavior** such as yelling at your friends or *being impatient* with your teachers or family members
- Cause you to **eat too much or eat unhealthy** foods like sweets and fried foods that **lead to weight gain**
- Make you more **prone to illness**

**WHAT
changes can I
make to get
better quality
sleep?**

**HOW CAN
I GET
MORE
SLEEP?**

SCREENS - A MODERN PROBLEM

An increased amount of screen time throughout the day has been linked to **insomnia and symptoms of depression** in adolescents. This is even more clear if using later in the day.

THE BLUE LIGHT EFFECT

Electronic devices emit an artificial blue light that can suppress the release of the body's sleep-inducing hormone, melatonin.

This interferes with the body's **natural internal clock**

More screen time = difficulty sleeping

QUALITY SLEEP

ROOM - Cool, quiet & dark

EATING - Don't eat or drink much within a few hours of your bedtime.

EXERCISE - Don't exercise too close to going to bed.

STRESS - Don't leave your homework to the last minute.

SCREENS - Try to avoid the TV, computer and telephone in the hour before you go to bed. Reduce overall screen time.

ROUTINE - Stick to quiet, calm activities, similar each night and you'll fall asleep much more easily!

SWITCH OFF - Bedtime is the perfect time to **READ A BOOK!**

TAKE CONTROL!

COULD YOU

Go tech-free 1-2 hours before bedtime?

Make your bedroom a tech free zone - particularly during the night?

Leave your phone out of your room?

Read a book - not a screen before bed?

WHERE CAN I FIND MORE INFORMATION OR ADVICE?

- NHS sleep specific website for younger children:
www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-forchildren
- Specific NHS advice on sleep is available here:
<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>
- Sleep Council: www.sleepcouncil.org.uk — for sleep tips and links to other organisations

SUMMARY

Do you
want to...

LEARN BETTER?

BE HAPPIER?

BE HEALTHIER?

LIVE LONGER?

**MAKE
SLEEP A
PRIORITY!**

ZZZ