

**zzzzz**

**zzzzz**

# **The importance of sleep**

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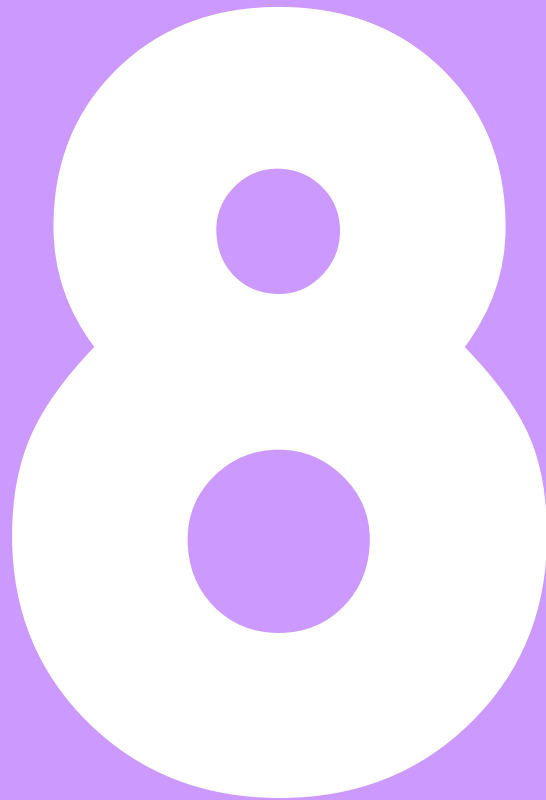
**... sleep is a biological necessity**

# The magic of sleep

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## WHAT HAPPENS WHEN YOU SLEEP





**...Is the magic number**

**Adults 18-65 years**

**Recommended sleep per night:**

**7 - 9 hours**

**Teenagers 14 - 17 years**

**Recommended sleep per night:**

**8 - 10 hours**



**...Is the magic number**

**School children 6 - 13 years**

**Recommended sleep per night:**

**9 - 11 hours**



10

...Is the magic number



Poor sleep affects your...

- Mental health
- Physical health
- The quality of your waking life
- Productivity
- Emotional balance
- Brain and heart health
- Immune system
- Creativity
- Vitality
- Weight

# Sleep myths



1 HOUR

**MYTH: Getting just 1 hour less sleep per night does not affect your day time functioning**

**FACT:**

**You may not be noticeably sleepy during the day, but losing just one hour can affect your ability to :**

- **Think properly**
- **Respond quickly**

**It compromises your**

- **Cardiovascular health**
- **Energy balance**
- **Ability to fight infections.**

**Minimal sleep loss can take a substantial toll on your:**

- **Mood, energy, mental sharpness, and ability to handle stress**



**MYTH: You can make up for lost sleep during the week by sleeping more on the weekends**

**FACT:**

- **Sleeping longer at the weekends will help relieve part of a sleep debt**
- **But it will not completely make up for the lack of sleep**
- **However sleeping later on the weekends can affect your sleep-wake cycle**
- **This makes it harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings, starting a poor sleep cycle for the rest of the week**

# Sleep problems and solutions



## **Afraid to miss out on screens**

**Blue light emitted by phones, television, laptops, tablets reduces the production of melatonin – the sleep hormone – making it harder to fall and stay asleep.**

- **Put the screens away – 1 hour before sleep**
- **Put late night programmes on record**
- **leave phones outside the bedroom**
- **Turn on airplane mode**
- **Ask parents to use controls to help you**
- **Agree a no contact rule with friends after 9pm**



## Too much on your mind

**Thoughts racing through your head?**

**Worrying about things?**

**Remembering things you need to remember?**

**Stressing?**

**Brain talking to itself?**

- **Decompress before bed**
- **Get rid of the worry/thoughts**
- **Use a pen and paper – not a screen**
- **Use to dump your worries and thoughts**
- **Journal before bed**
- **Write down gratitude's**





## **Food and drink before bed**

**Consume more of your calories earlier in the day**

**Foods to avoid:**

- **Sugar**
- **Caffeine**
- **Alcohol**
- **Cheese??**

**Healthy snacks before bed:**

- **Bananas**
- **Almonds**
- **Honey**
- **Turkey**
- **Oats**



## **light and noise pollution**

**Too light to get to sleep?**

**Noises affecting your sleep?**

- **Communication**
- **Black out curtains**
- **lights out**
- **Doors shut**
- **Eye mask**
- **Ear plugs**



## **Restlessness**

**Struggling to settle?  
Tossing and turning?  
Takes ages to get to  
sleep?**

- **Have down time before bed**
- **Stop screens an hour before**
- **Eat the bulk of your calories earlier in the day**
- **Bedtime routine**
- **MEDITATION**



## Tips for better quality sleep

### QUALITY IS EVEN MORE IMPORTANT THAN QUANTITY

- Daily physical activity
- Reduce screen use
- Front load calories
- Stress management
- Postpone worry
- Stick to a sleep schedule
- Bedtime routine
- Relax before bed
- Props – sleep mist/eye mask/earplugs/airplane mode
- Plan what your sleep will be like at night - set your intentions

<https://www.youtube.com/watch?v=2rd8VktT8xY>

**Regularly getting enough restorative sleep...**

**Means you have the ability to:**

**Learn**

**Create**

**Communicate**

**...at a level that allows you to reach your  
true potential**

- <https://www.helpguide.org/harvard/biology-of-sleep-circadian-rhythms-sleep-stages.htm>
- <https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>