



Why discuss sleep?

- **Poor sleep** is linked to problems with both physical and mental health
- **Good quality sleep** can benefit a young person's ability to study well, their relationships and behaviour



Sleep and physical wellbeing

Our body releases a cocktail of hormones during sleep

Growth hormone

Increases height in children and adolescents

Increases muscle mass

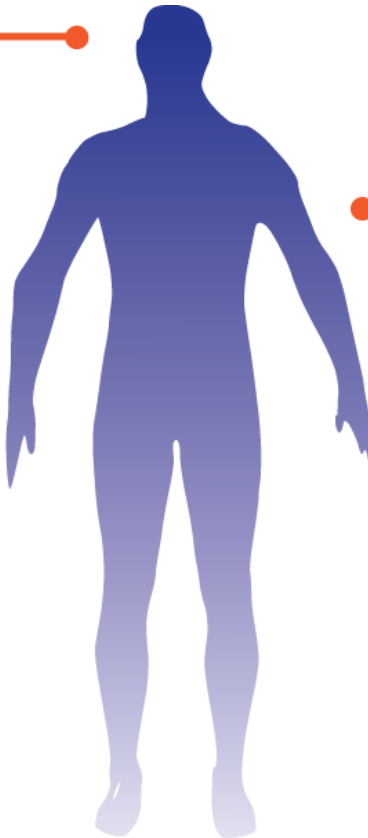
Contributes to cell repair

Helps develop reproductive organs

Strengthens bones

Boosts immune system

Breaks down fat

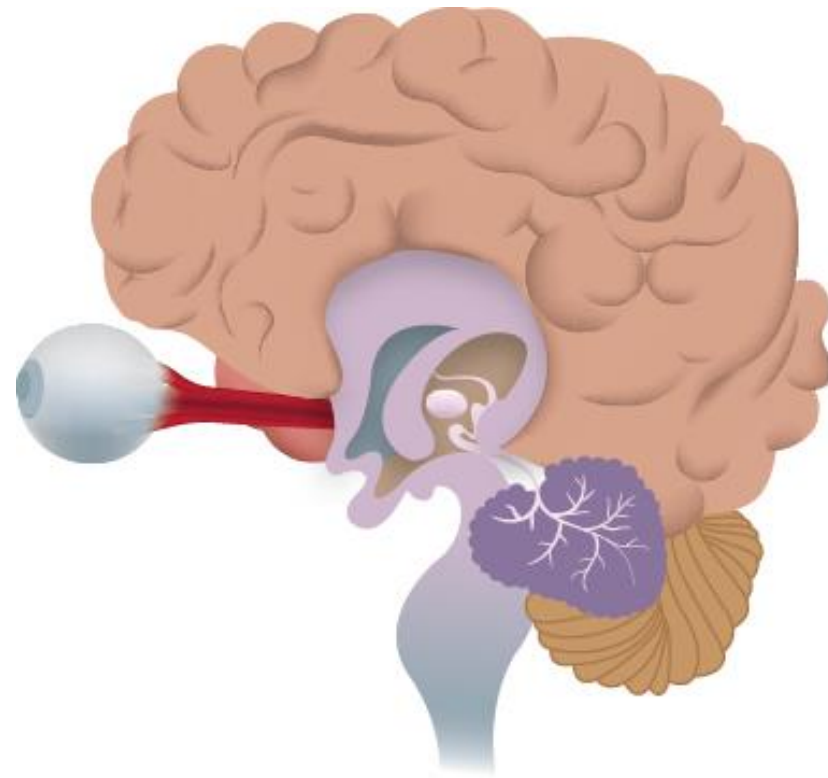


Sleep and mental wellbeing

Different learning processes occur during different stages of sleep

- memory consolidation
- vocabulary
- pronunciation
- auditory memories: words and sounds

Sleep is crucial for brain development during adolescence



Sleep and emotional wellbeing

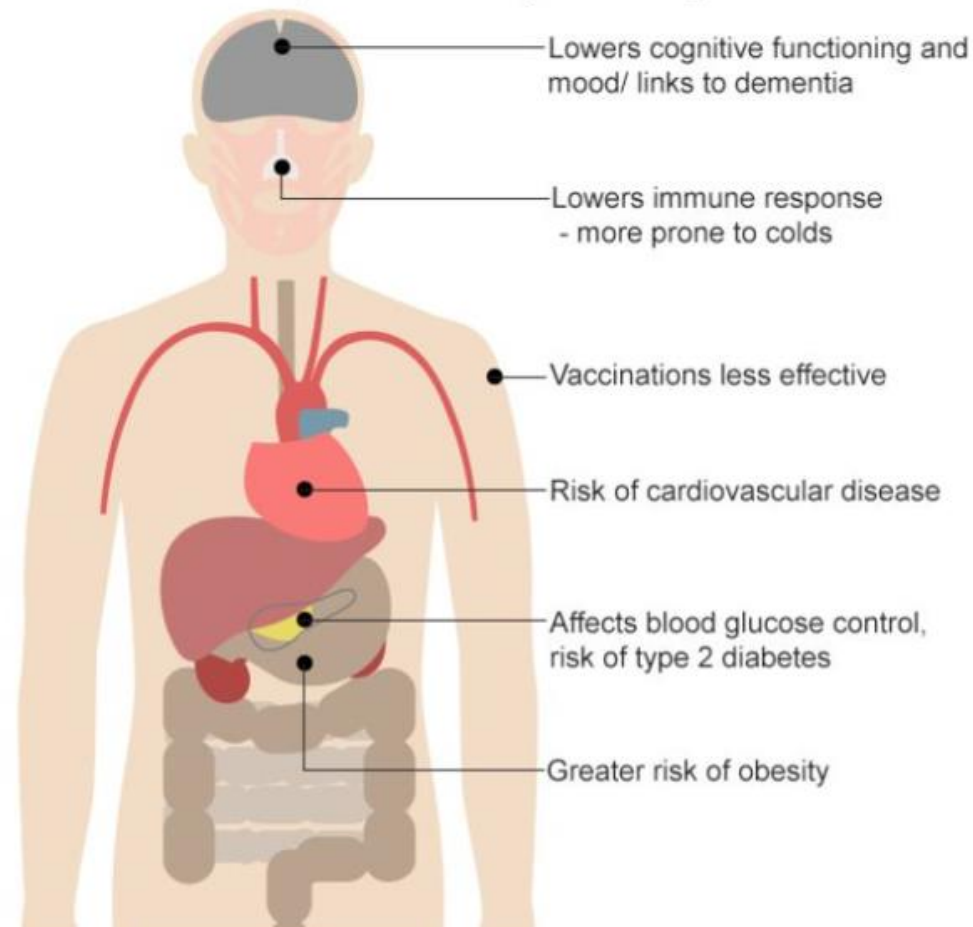
Sleep helps us deal with

- crisis
- stress
- anxiety



Effects of poor sleep or sleep deprivation

How lack of sleep can affect your body



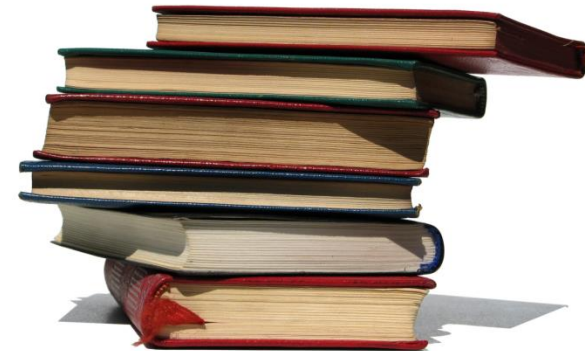
Effects of poor sleep or sleep deprivation

Impaired learning

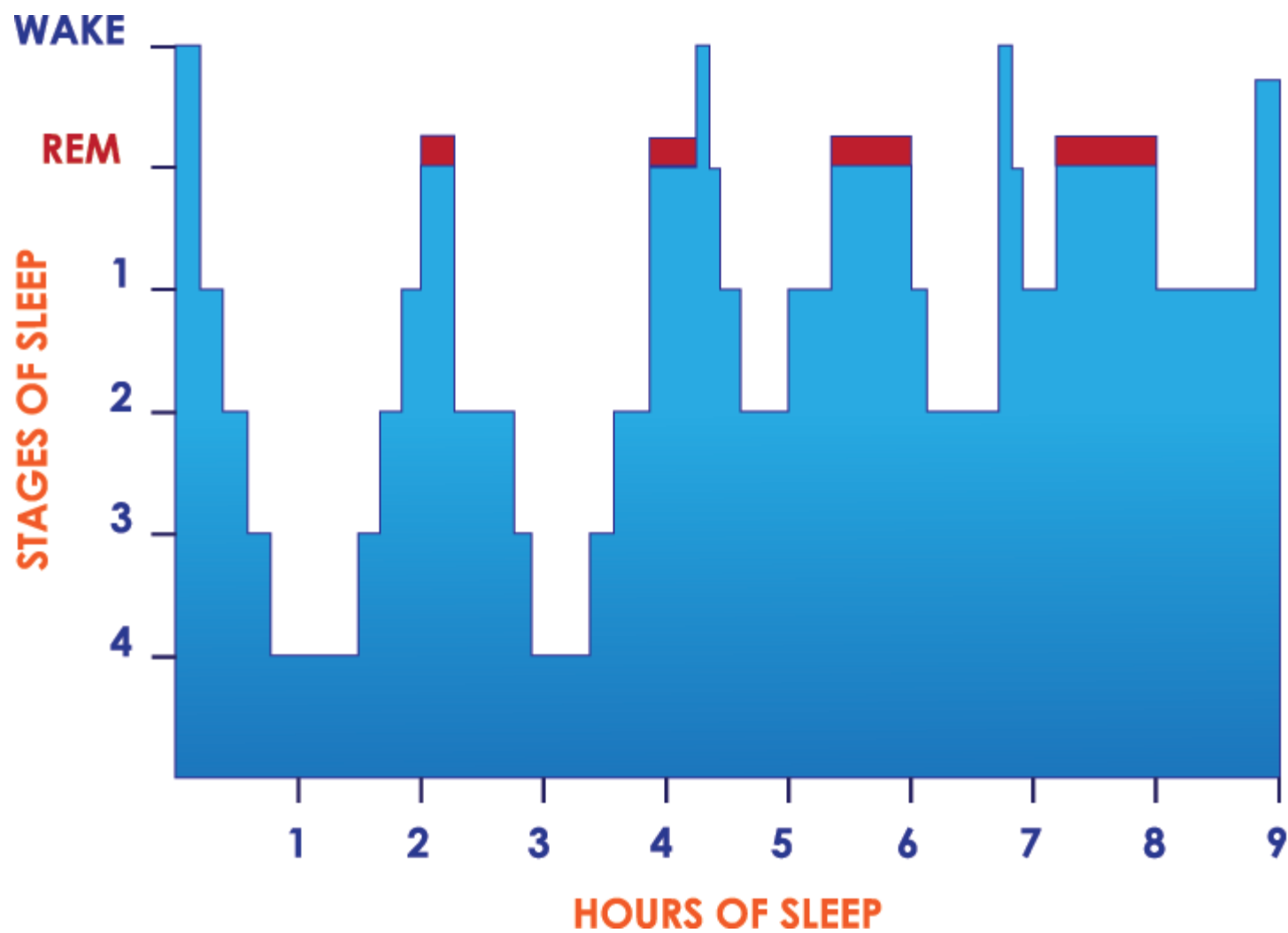
The ability to learn is altered by sleep deprivation

Research has linked lack of sleep to

- *lower marks achieved at school
- *lower attention rates
- *a negative impact on learning



Hypnogram



How to spot sleep deprivation

Find it difficult to wake up in the morning or sleep through the alarm?

Find that you are bad tempered, cross and feel more angry during the afternoon?

Fall asleep spontaneously if you are sitting quietly?

Sleep much longer at the weekend compared to school nights?

Sometimes feel very down, or very anxious or stressed and unable to cope?

Sometimes feel emotional or start crying for no reason?

Find it difficult to concentrate or focus at school in lessons?

Use your mobile phone or play computer games after you've gone to bed?

Often feel tired or lethargic during the day?

Find that your hand/eye coordination is not very good?

Find that you are accident prone, tripping over a lot or dropping things?

Find it difficult sometimes to control your behaviour, take unnecessary risks and do silly things?

How to sleep well

How to sleep well

What to do during the day

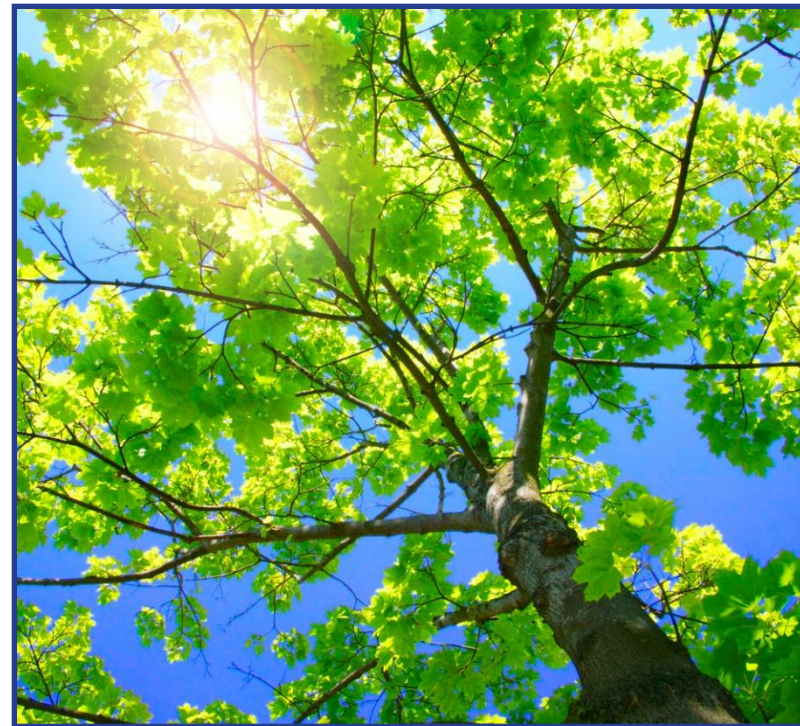
Get out into natural light for at least 30 minutes per day

Avoid too many caffeine based drinks

Find ways of dealing with stress or anxiety: exercise can help

Avoid having a nap during the day

Do not have a lie-in at weekends



How to sleep well

What to do during the evening

Have a good meal, but not too close to going to bed

Clear homework out of the way

Do any stimulating activities such as exercise, watching TV and playing computer games earlier in the evening



How to sleep well – the last hour

Preparing the body for sleep:

Switch off TV, computer and phone

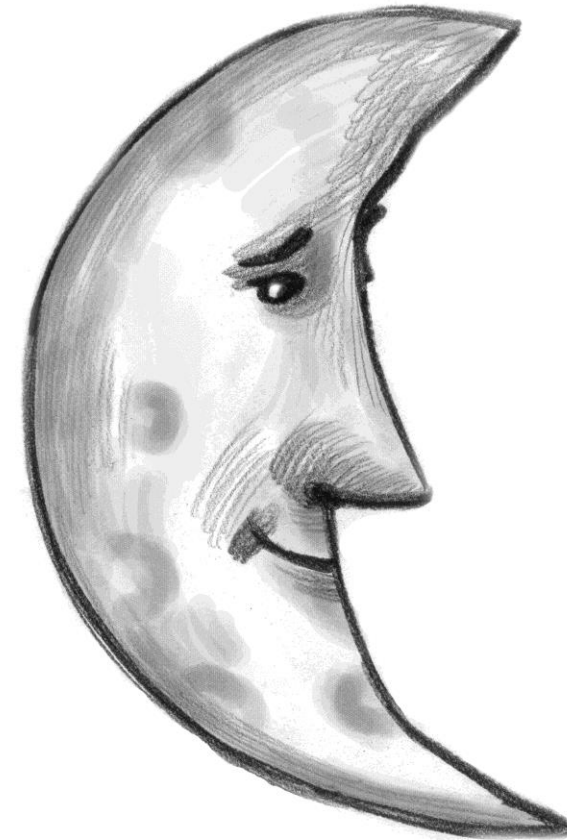
Have a bath to wind down

Read or listen to relaxing music

Milky drinks but not a lot of food.

Relaxation.

Routine very important: same bedtime every night, same morning waking time.



How to sleep well – the bedroom

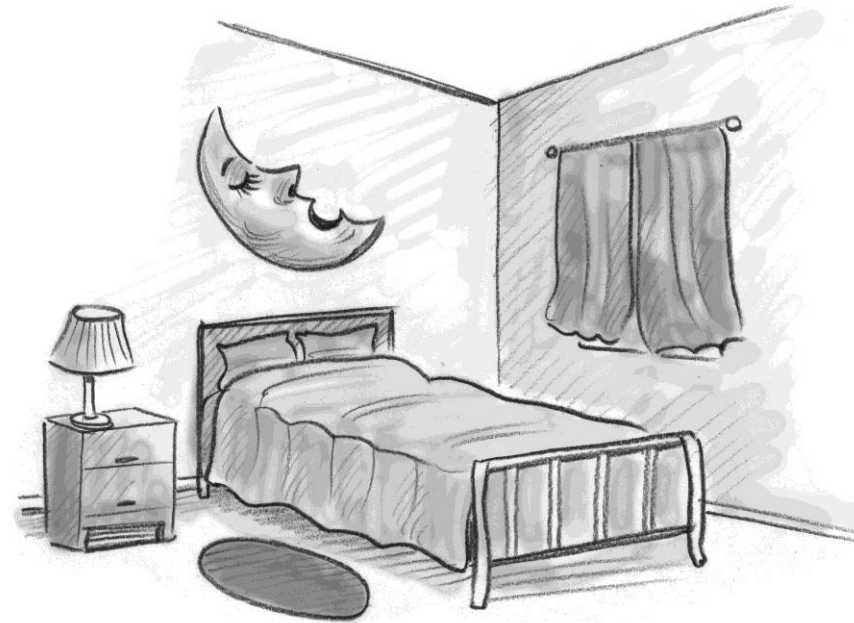
Keep the bedroom dark, quiet and cool

Make sure your bed is comfortable

Use subdued lighting

Do not have electronic gadgets in the bedroom

Remove pets that are nocturnal from your bedroom



How much sleep do children need?

Age	How many hours sleep we need
Newborn babies	18 hours
Up to 1 year	14 - 18 hours
Up to 3 years	12 - 15 hours
3 - 5 years	11 - 13 hours
5 - 12 years	9 - 11 hours
Young adults - up to approx 20	9 - 9¼ hours
Adults	7 - 8 hours

Useful websites

- British Sleep Society
www.sleeping.org.uk
- International Paediatric Sleep Association
www.pedsleep.org
- Sleep Scotland
www.sleepscotland.org