

Sleep and Mental Health



Overview

- What is sleep?
- Sleep, mental health and emotional wellbeing
- How to sleep well
- Looking after yourself

What is sleep?

- Natural
- Dynamic
- Essential

“The natural periodic suspension of consciousness during which the powers of the body are restored”

Activity 1: The impact of sleep!



Group 1: What is the impact of poor sleep?



Group 2: What are the benefits of sleep?

Why is sleep important? - Wellbeing video

- Growth hormones released
- Immune system strengthened
- Healing takes place
- Improves learning and memory
- Brain development (pre-frontal cortex)
- Emotional wellbeing and mental health
- <https://www.youtube.com/watch?v=A4Zs0NNF9Dc>

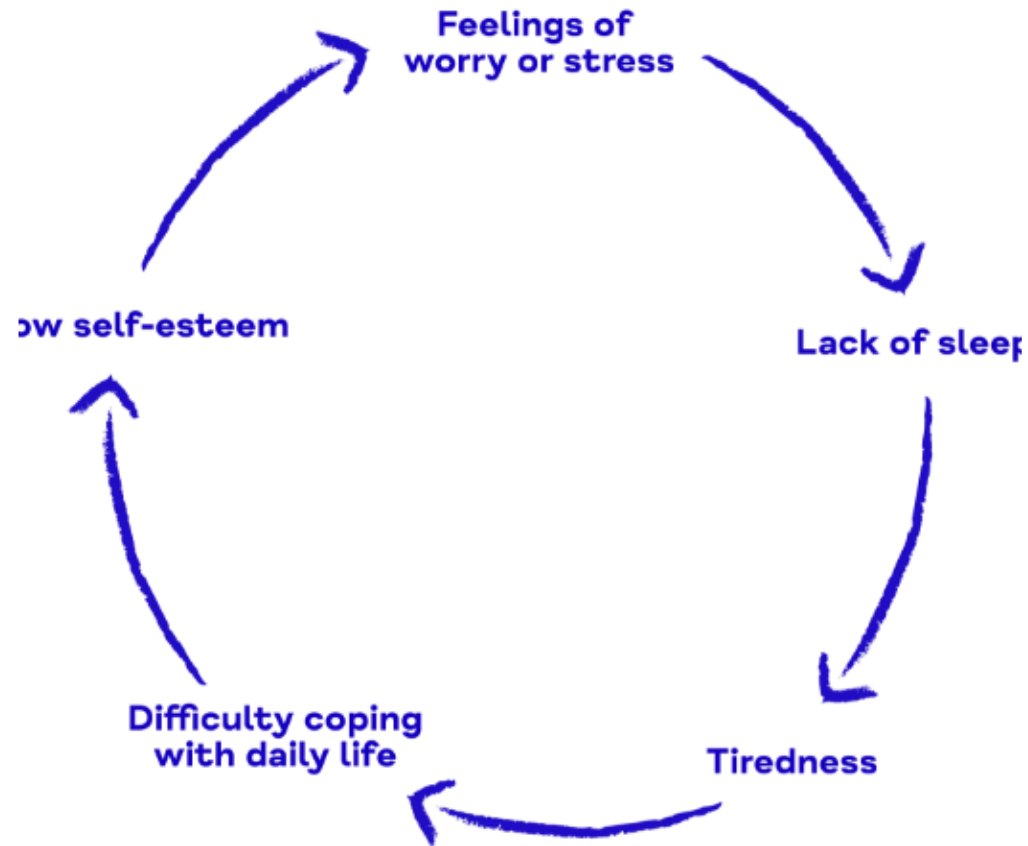


The impact of poor sleep

- Poor concentration
- Low mood
- Lack of motivation
- Susceptible to colds and other ailments
- Difficulty regulating emotions
- Irritability
- Anxiety



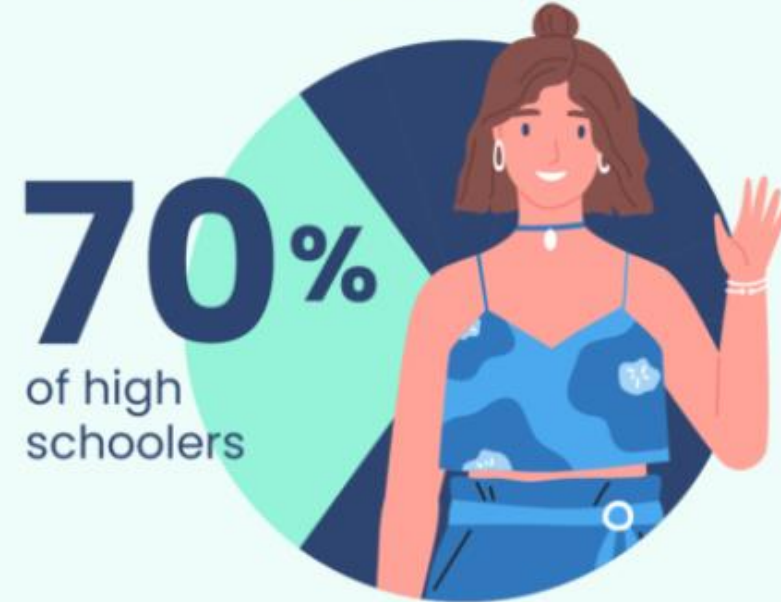
Sleep and Mental Health



There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

"Poor sleep leads to worrying. Worrying leads to poor sleep. Worrying about sleep is like your mind trying to fight itself. That's a horrible place to be."

Teens need between
8 and 10 hours
of sleep a night,
but polls show most teens get much less



report **inadequate sleep on school nights**

How To Improve Sleep and Mental Health



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Examples of steps that can be taken for healthier sleep habits include:

Having a set bedtime and maintaining a steady sleep schedule

Finding ways to wind-down, such as with relaxation techniques, as part of a standard routine before bedtime

Avoiding alcohol, tobacco, and caffeine in the evening

How To Improve Sleep and Mental Health

Dimming lights and putting away electronic devices for an hour or more before bed

Getting regular exercise and natural light exposure during the daytime

Maximizing comfort and support from your mattress, pillows, and bedding

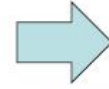
Blocking out excess light and sound that could disrupt sleep



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How to sleep well



- Get up at the same time every day
- Get outside for at least 30 min per day for natural sunlight
- Avoid caffeine based drinks
- Do some exercise
- Try to resolve or develop healthy coping strategies for any issues causing you anxiety

- Turn off all technology devices at least 1 hour before bed (phone, tablets, TV)
- Avoid caffeine and alcohol
- Relax (bath, reading)
- Ensure bedroom is cool
- Keep pets out of room
- Go to bed at the same time each night

More Advice...

- **Collect devices at night.** Keep a basket in a common area of your home where all family members place their smartphones, tablets, and the like at 9:30 every night. "Kids might push back and say they need to communicate with their friends, but parents need to put their foot down and say 'No'," Breuner says. If you set a good example by also doing this with your own phone, she says, your kids may be less likely to complain.
- **Don't let sleep slide.** If your teens are involved in sports, work, and school projects, it can seem like there aren't enough hours in the day to get everything done. But staying up late to finish homework can do more harm than good, Owens says. Instead, teach your kids time management skills so they can get everything done during the day. If they're still over-scheduled, it might be time to think about dropping an activity or to talk with their teachers about the problem.

More Advice...

- **Work backward from school's start time.** No matter when your teen's day starts, it's important to plan for enough sleep. "If they have to be up at 5:30 to catch the 6:00 bus, they should probably be in bed right at 9:30," Breuner says. "That means you start getting ready -- make sure homework's done, dinner's eaten, clothes are laid out for the next day -- starting at least an hour before that."
- **Cut their caffeine.** Soda is not the only source of caffeine in teens' diets today. They also drink more energy drinks and coffee than ever before. "And parents don't realize how much caffeine is in things like green tea or some sports drinks," Breuner says. Teens should have enough energy to get through the day without relying on caffeine. If they don't, they need more sleep, not an artificial buzz.



Activity 2: How Can Parents Help Teens Get Better Sleep?

What practical strategies and tips can you share...?

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· Mar 1

Registration for [@eSgoil](#) Easter study support is now open! Learners in the senior phase can find out more and register here for these free sessions –



MENTAL HEALTH AND WELLBEING

Supporting the mental health and wellbeing of pupils is at the heart of our work at Hillhead High School.

There are a wide variety of supports available to pupils at all stages, ranging from wellbeing activities in school to more intensive supports from outside agencies.