



# How much sleep do we need?

Do you get  
enough  
sleep?

What do scientist say?



# What happens when you sleep?

- Relax & rest
- Sorts your day and learning
- Deep sleep – restores you and you grow through production of growth
- Dream
- REM sleep – emotional brain gets active



# What does sleep give you?

- Energy
- Brain power
- Time to grow
- Time to digest
- Restore & mend
- Better skin and hair
- Happier mood



# Can you catch up?

- Do you lie in till midday at the weekend?
- When you shift your sleep you change sleep patterns and build in problems
- Sleep deprived people tend to need more food to supplement their energy...  
(up to 15% more chance of being obese because you don't get enough sleep)

# Some things can affect your quality of sleep



# How can you get a good nights sleep?

- Have a routine
- Relax & wind down before bed – turn off the phone, computer TV.
- A dark & quiet room
- The right pillow
- Focus on breathing
- Notice your worries but remember you can't change anything till the morning





*Good  
Night*