

Sleep A Vital Part Of A Healthy Lifestyle



twinkl

Learning Objective

- To be able to make informed choices about health and wellbeing - in particular, regarding the importance of sleep.

Success Criteria

- To consider why sleep is an important part of a healthy lifestyle.
- To assess your own sleep routine.
- To design an aid to help teenagers improve their sleep routines.

Why Is He Asleep?

List reasons why this boy might be so tired that he has fallen asleep at school.

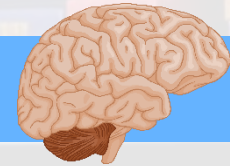


Have you ever fallen asleep at school?

Why Is Sleep Important?

Both your brain and your body need adequate sleep to enable them to function properly.

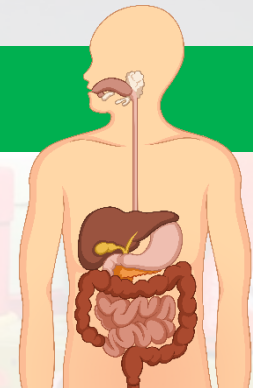
Your **brain** needs sleep so that:



- Your memory works well and you remember what you learn.
- You can concentrate and remain attentive.
- You can solve problems and work creatively.

Your **body** needs sleep so that:

- Your muscles, bones and skin can grow properly.
- It can repair injuries or strains to muscles.
- It can stay fit and fight off infections.



Not Enough Sleep?

How do you feel when you know that you have not had enough sleep? Think about how you feel mentally, emotionally and physically.

Symptoms of a lack of quality sleep include:

Feelings of fatigue (tiredness)

Bad temper

Tearfulness

Finding it hard to concentrate

Increased likelihood of getting ill



How Much Sleep Do You Get?

How much sleep do you get a night?

- On average, when do you go to bed and when do you wake up?
- How many hours of sleep is that?
- Are there any times in the week when you have a different, or interrupted, sleep pattern?



Habits to Improve Sleep

Here are some tips to help you sleep well:

- Keep your bedroom cool (around 17 degrees), dark and quiet.
- Keep TVs, computers, tablets and phones out of your bedroom – the light from the screens interferes with your sleep patterns.
- Stop any screen time at least an hour before you go to bed.
- Get enough physical exercise – around 30 minutes a day. Finish exercising at least an hour before you go to bed.
- Have a warm, milky drink to help settle you to sleep. A light healthy snack before bed might also help.!
- Set a routine and go to bed at around the same time every night.

