

SLEEP



WHY DO WE NEED SLEEP?

Sleep helps our body and our brain to grow and develop

WHY DOES MY BRAIN NEED SLEEP?

To help you remember what you have learnt throughout the day.

To help your brain to work the best it can the next day

WHY DOES MY BODY NEED SLEEP?

To help you to grow

To help any injuries to be fixed

To help fight illness

To help keep you healthy

WHAT HAPPENS IF YOU DO NOT GET ENOUGH SLEEP?

You might forget what you have learned

You might have trouble making good choices

You might find it harder to get along with other people

You might be in a really bad mood and get upset easily

You might have trouble paying attention



HOW MUCH SLEEP DO I NEED?

Most primary school aged children need 10 or 11 hours sleep each night. Some children might need a little bit more than this and some children might need a little bit less.



LOTS OF CHILDREN IN PRIMARY SCHOOL SAY THAT THEY STRUGGLE TO SLEEP.

Being woken up by someone else

Too hot or too cold

Bed not comfy

Worrying about something

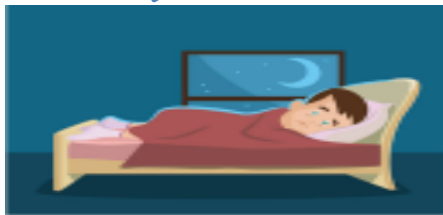
Watching scary things before bed

Playing on devices too close to bedtime

Too noisy

Going to bed too late

Hearing parents or carers arguing



There are also lots of other reasons why children struggle with their sleep.

Write down what makes it hard for you to sleep?

HOW CAN I GET A GOOD NIGHT'S SLEEP?

Most people have trouble sleeping once in a while. There are lots of things you can do to help yourself to sleep well.

Watching television and playing devices before bed can make it hard for our brains to make the chemical melatonin that we need to fall asleep.

- **Stop playing on devices at least an hour before bed.**
- **Turn the brightness down on your screen.**



Our brains and bodies like a sleep routine.

- **Go to bed at the same time every night.**
- **Try to wake up and get up at the same time every morning.**
- **Having a bath before bed time can help you to feel sleepy.**
- **Doing some colouring or playing with a jigsaw can help our brains and bodies to calm down before bed.**



If you are feeling worried or scared, it can make it difficult to sleep.

- **Talk to your parent/carer or your teacher about your worries.**
- **Write your worries down.**



HOW CAN I GET A GOOD NIGHT'S SLEEP?



Write down what helps you to sleep?

