



True or false?

- Giraffes in the wild only sleep on average 30 minutes each day
- Sloths sleep up to 20 hours per day
- Lizards dream
- Flamingos sleep standing up
- Otters sleep holding hands
- Chimpanzees sleep in nests

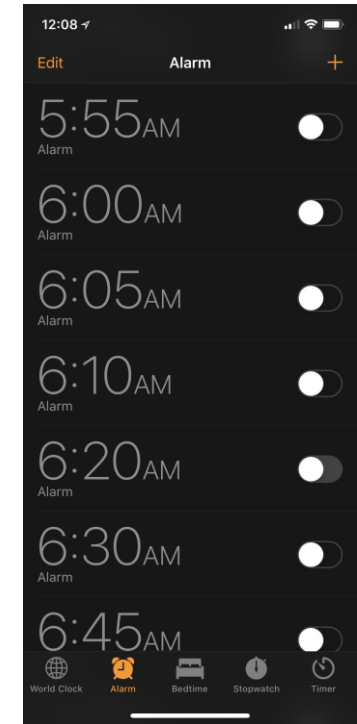
The importance of sleep



Is your answer 'yes' to any of the following?

- Do you feel tired?
- Do you look tired?
- Were you woken up this morning by an alarm or by someone getting you up?
- Do you need caffeinated drinks to get you through the day?

If yes, then you might be sleep-deprived



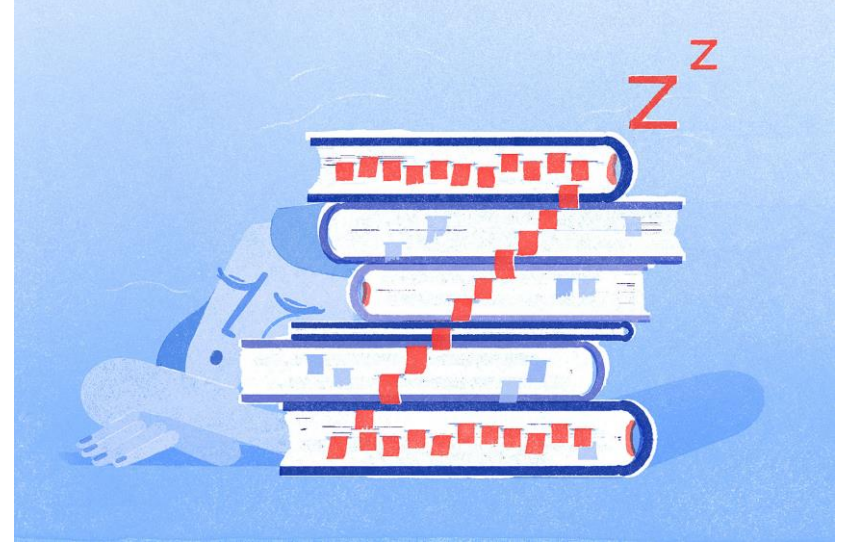
Happiness and health

- Mental health issues such as anxiety, depression and bipolar disorder are linked to poor sleep
- Poor sleep as teenagers linked to greater risk of diabetes and long-term cardiovascular problems
- Teenagers who don't get enough sleep are more likely to engage in high-risk behaviour and are at a greater risk of being in an accident
- Lack of good-quality sleep leads to poor focus and low mood



Learning and memory

- Most of memory formation happens in the late stages of sleep
- Poor sleep affects learning in both the short- and long-term
- If you sleep better, you will do better academically and socially
- Sleep also helps with understanding and problem-solving



Other physical and mental activities

- Participating in sports
- Playing musical instruments
- Creativity and the arts





What is good sleep?

- How much sleep did you get last night?
- You should be getting an average of 9 hours of sleep every night
- Two thirds of teenagers don't get enough sleep
- Quality is just as important as quantity

What stops us from getting good sleep?

- Having a lot on your mind – stress and anxiety
- Caffeine
- Time-pressure i.e. too much to do!
- Being a teenager – biology and school
- Electronic devices
- Friends online late at night
- Medical issues/sleep disorders

The Sleep, Stress, and Anxiety Cycle



How to get a good night's sleep?

- Wake up with sunshine
- Exercise
- Try not to nap – especially in the evening
- Avoid 'energy drinks' – especially in the afternoon and evening
- Keep the bedroom a place for sleep only, if at all possible




How to get a good night's sleep?

- Avoid bright lights
- Avoid screens – tv, computer games, phones!
- Get into a good bedtime routine
- Keep your bedroom cool, dark and quiet
- Consider writing down your worries





What about during weekends and the holidays?

- We all like a lie-in, but try not to get too out of routine, as it can be hard to get back into sleeping well when you do get back to school
- You can't really 'catch-up' on lost sleep – when it's gone, it's gone!
- An extra hour on Saturday doesn't make up for the hour lost on Monday



What to take away from this



Chances are, **you're not getting enough sleep!**



Getting more sleep will make you **happier and healthier**, and you'll do better at school



You should **prioritise sleep** in order to achieve your short- and long-term goals



Put away **the phone** before bed!



Avoid **energy drinks!**

Where to find more information about sleep



[Home - Teen Sleep Hub](#)



[Can't sleep, won't sleep? Five ways to get your child's sleep back on track - Parents' Toolkit - BBC Bitesize](#)



[Sleep problems - Every Mind Matters - NHS \(www.nhs.uk\)](#)