

Taking care of your body.

Sleep

On average most children/teenagers need up to 8 to 10 hours of sleep each night, however for some children/teenager’s sleep is not seen as an important aspect in life.

Is sleep important to you? Yes No

Can you explain why?

A lack of sleep can affect everything from our emotions to how well we focus on tasks like doing school work. It can affect sports performance, increase our chances of getting sick due to being run down, this can become a dangerous routine.

How many hours of sleep do you get during the weekdays?

 Less 3-4 hrs. 5-7 hrs 8-10 hrs 11-13 hrs more

How many hours of sleep do you get during the weekends?

 Less 3-4 hrs. 5-7 hrs 8-10 hrs 11-13 hrs more

If you think about it, our week days are very busy with school which takes up the majority of the day, after school clubs, homework etc. You would think we need as much sleep to be ready for the busy days in the week?

-***Why do some of us stay up late during the week days and end up being extremely tired the following day? (group discussion)***



Top tips to get a good night sleep

How can we get the best night sleep possible?

1. Make sleep a priority
2. Set a good sleep routine and stick to this in the week, don’t waste your free time over the weekend sleeping.
3. Give yourself time to unwind before you go to sleep. Try to avoid using your tv, computer and phone before your bed time
4. Make your bedroom a relaxing environment, keep it tidy and clutter free

Now its your turn, can you write another 4 tips below:

5.

 6.

 7.

 8.