



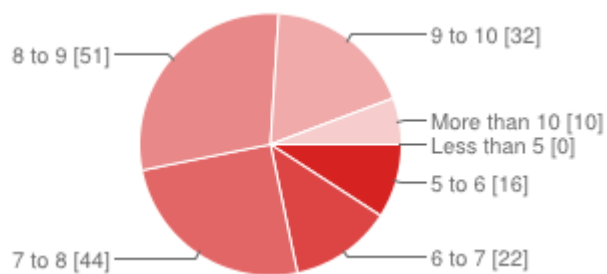
Why is it important that our pupils get enough sleep?

Sleep is food for the brain. During sleep, important body functions and brain activity occur.

FACTS

- Sleep is vital to your well-being. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). Most teens do not get enough sleep.
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.
- Many teens suffer from treatable sleep disorders.

On average, how many hours sleep do you have each night during the week?



| | | |
|--------------|-----------|-----|
| Less than 5 | 0 | 0% |
| 5 to 6 | 16 | 9% |
| 6 to 7 | 22 | 13% |
| 7 to 8 | 44 | 25% |
| 8 to 9 | 51 | 29% |
| 9 to 10 | 32 | 18% |
| More than 10 | 10 | 6% |

Sample pupils at Sharples School recently filled in a questionnaire and the results regarding pupil's sleep patterns can be seen above. As mentioned previously, teenagers need 9 ¼ hours' sleep to function at their best and only 24% of our pupils have this amount and alarmingly 47% don't even have at least 8 1/2 hours of sleep each night. Clearly, many of our pupils need to improve their sleeping habits.

What are the consequences for our pupils?

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems.
- Make you more prone to pimples. Lack of sleep can contribute to acne and other skin problems;
- Lead to aggressive or inappropriate behaviour such as yelling at your friends or being impatient with your teachers or family members;
- Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain;
- Contribute to illness.

Top 10 tips for parents/guardians:

- 1. Talk to your child about their sleep problems.**
- 2. Promote the benefits above about good sleep.**
- 3. Promote exercise for better sleep.**
- 4. Monitor caffeine intake to beat insomnia.**
- 5. Don't allow your child to binge before bedtime.**
- 6. Bed time routines are a great sleep aid.**
- 7. Is the bed room sleep friendly?**
- 8. Ban screens in the bedroom.**
- 9. Get a comfy bed.**
- 10. Encourage them make a to do list for the next day so they're not worrying at night.**

Summary

When we sleep well, we wake up feeling refreshed and alert for our daily activities. Sleep affects how we look, feel and perform on a daily basis, and can have a major impact on our overall quality of life.

To get the most out of our sleep, both quantity and quality are important. Teens need at least 8½ hours—and on average 9¼ hours—a night of uninterrupted sleep to leave their bodies and minds rejuvenated for the next day. If sleep is cut short, the body doesn't have time to complete all of the phases needed for muscle repair, memory consolidation and release of hormones regulating growth and appetite. Then we wake up less prepared to concentrate, make decisions, or engage fully in school and social activities.

Sleep helps us thrive by contributing to a healthy immune system, and can also balance our appetites, which play a role in our feelings of hunger and fullness. So when we're sleep deprived, we may feel the need to eat more, which can lead to weight gain.

The one-third of our lives that we spend sleeping, far from being "unproductive," plays a direct role in how full, energetic and successful the other two-thirds of our lives can be.

Interesting facts about sleep

- A new baby typically results in 400-750 hours lost sleep for parents in the first year.
- Teenagers need as much sleep as small children (about 10 hrs) while those over 65 need the least of all (about six hours). For the average adult aged 25-55, eight hours is considered optimal.
- When you sleep you grow 8mm. However, this growth is just temporary, the next day you shrink back to your former height. The reason is that your cartilage discs are squeezed like sponges by the force of gravity when you stand or sit.

References:

National Sleep Foundation

www.omg-facts.com

www.nhs.co.uk