

Children aged between 6-12 years old usually need between 10 and 11 hours sleep every night (some may need more or less). To wake up at 7am in time for school, a good time to go to be is before 9pm.

Spending time outside during the day and exercising can help someone fall asleep and help them sleep well.

# Facts about sleep

Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.



Doing something relaxing in the hour before going to bed can really help. This could be: reading a book, listening to a story, having a bath, cuddling a pet, talking to someone in your family about your day, doing a puzzle or playing a board game.



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People who get good quality sleep are more likely to....

**PERFORM**

Better at sports

**FEEL**

Healthier

**GET BETTER**

Scores in exams

**BE MORE**

creative

**MAKE GOOD**

decisions

**AVOID**

illness

**LEARN**

better

**FEEL**

happy

**REMEMBER**

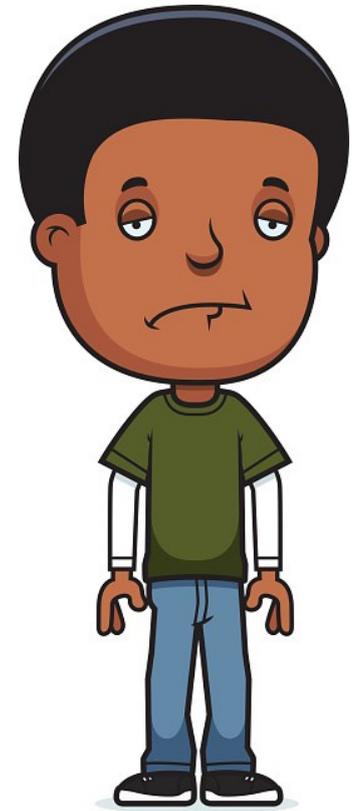
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**HEAL FASTER**

From an injury



# Puberty and sleep



**As we get older our sleep needs and patterns change. As children become teenagers, they need a bit less sleep each night (usually about 9 or 10 hours sleep per night).**

**Teenagers usually want to sleep and wake up about 2 hours later than younger children or adults. This is called a shift in their 'internal body clock'.**

**During puberty, a person's body produces new hormones and this mostly happens when they are in deep sleep.**

**By getting good sleep the body can grow and develop during puberty. This will help to improve memory and learning. Good sleep might also reduce some other issues during puberty such as moodiness, getting spots or putting on weight.**

# My Sleep Fact File

NAME: \_\_\_\_\_

QUESTION	ANSWER
How much sleep do children need each night?	
Find 3 things that help someone get a good nights sleep:	
Find 3 things that stop someone get a good nights sleep:	
What happens during sleep when someone starts puberty?	
Why is it important to get good sleep?	
<b>CHALLENGE:</b> Why is it important to get sleep during puberty?	

# Sleep Buster Solutions

NAME: \_\_\_\_\_

It is difficult to sleep when....	A solution to this might be...

Individual steps I would need to take to carry out the sleep solution....

NAME: \_\_\_\_\_

## Why is sleep important?

Sleep boosts immunity - Helps you fend off bugs

Sleep can slim you - Studies have shown that people who sleep less than 7 hours a day tend to gain more weight and have a higher risk of becoming obese than those who get 7 hours of slumber. It's believed to be because sleep-deprived people have reduced levels of leptin (the chemical that makes you feel full) and increased levels of ghrelin (the hunger-stimulating hormone).

Sleep boosts mental wellbeing - Given that a single sleepless night can make you irritable and moody the following day, it's not surprising that chronic sleep debt may lead to long-term mood disorders like depression and anxiety.

Sleep prevents diabetes - Studies have suggested that people who usually sleep less than 5 hours a night have an increased risk of developing diabetes.

Sleep wards off heart disease - Long-standing sleep deprivation seems to be associated with increased heart rate, an increase in blood pressure and higher levels of certain chemicals linked with inflammation, which may put extra strain on your heart.

Sleep helps us grow and mend our body.

Sleep helps our brains develop. Helps us concentrate.

Individual steps I would need to take to improve my sleep