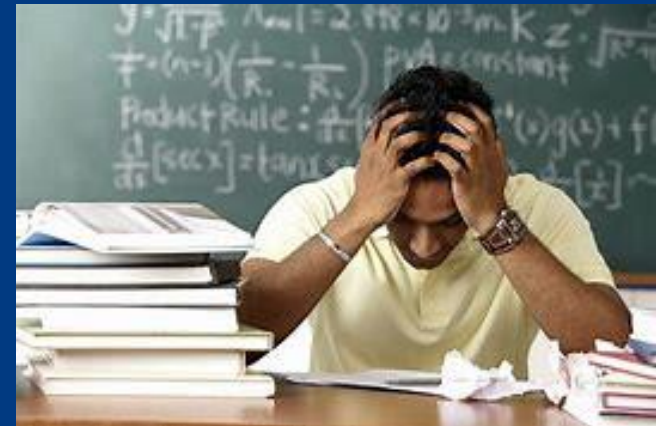


THERE'S NO TIRED LIKE TEACHER TIRED



Staff well-being workshop

The importance of sleep



Self reflection

Think about your usual night's sleep.

Are you giving yourself the opportunity to have 8 hours sleep?

Does it take you a long time to get to sleep?

Is your sleep disrupted?



- If you answered YES to two or more statements in qu. 1 - 8, then you may have SLEEP APNEA, an often severe disorder in which persons often stop breathing hundreds of times during the night.
- If you answered YES to two or more qu. numbered 8 - 11, then you may have NARCOLEPSY, a lifelong medical disorder characterized by uncontrollable sleep attacks during the day.
- If you answered YES to two or more qu. numbered 12 - 17, then you may have a problem with INSOMNIA, an inability to fall or stay asleep.
- If you answered YES to qu. 18 and 19, then you may have GASTRIC REFLUX, a disorder in which stomach acid rises in the throat and disrupts night time sleep.
- If you answered YES to qu. 20, 21 or 22, you may have NOCTURNAL MYOCLONUS, a disorder of repetitive muscle activity that disrupts night time sleep.
- If you answered YES to either qu. 23 or 24, you may have a PARASOMNIA, which includes sleepwalking, sleep talking, nightmares, night-terrors and grinding of the teeth.



Why should we *all* prioritise sleep?

Sleep is fundamental to good health, both physically and mentally

- A lack of sleep can cause or exacerbate mental health difficulties
- Research has established links between a lack of sleep and heart attacks, diabetes, strokes, cancer & Alzheimer's.



Impact at work

Being sleep deprived means...

- Less energy
- Difficulty focusing
- Being less able to learn ourselves
- Poor memory
- Our relationships & empathy with colleagues, students and parents is affected
- Our capacity for creativity & problem solving is diminished
- Our decision making is impaired



Impact on our lives

Being sleep deprived means...

- Our ability to fight infection is reduced
- We gain weight
- We find it more difficult to deal with stressful events
- We can get stuck in the caffeine cycle
- Our relationships and empathy are affected
- We don't have the energy to do the activities we usually enjoy outside of work
- We become less efficient
- We are drowsy, and therefore deadly, when driving



Top tips for a good night's sleep

Before bed...

- No caffeine 6 hours before you plan to go to sleep
- Be active during the day
- No electronic devices or school work an hour before bed
- Dim the lights in the evening – incl. in the bathroom
- Hot bath or shower before bed
- Same routine every night – even weekends and holidays

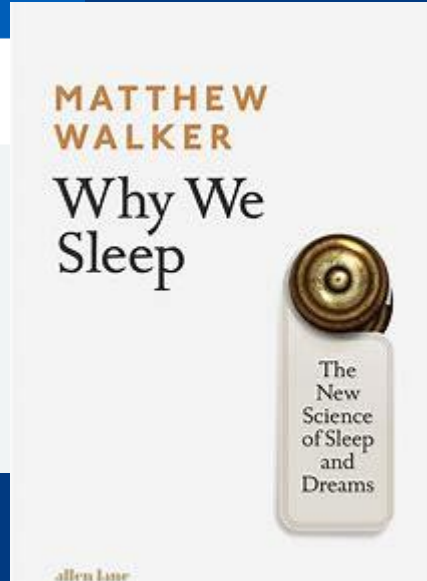
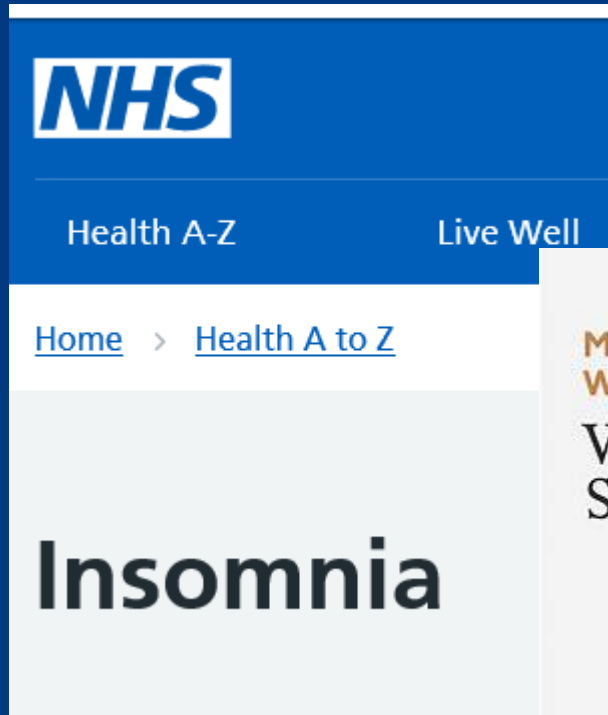


When in bed...

- Cool & dark bedroom
- Turn clock around/don't have phone by bed
- If you wake up – don't clock watch, get up and return to bed after 30 mins
- Difficulty sleeping – mindfulness app/notebook by bed
- Keep your bed for sleep and sex



Useful resources



- Why do we sleep? – TED Talk by Russell Foster
- Why we sleep – Matthew Walker
- Headspace app
- TES website
- NHS website

Sleep, insomnia, hints and tips, wellbeing. Hints and tips to help you sleep.

★★★★★ 0 reviews

