Year 11 Exam Preparation Evening
The importance of sleep

True or False?

1. Our brains are inactive during sleep
2. Teenagers need at least 7 hours sleep per night
3. A lack of sleep can cause mental health difficulties
4. If you don't get enough sleep in the week you can catch up at the weekend
5. You sleep better in a warm room
6. You sleep better in a dark room
7. Not getting enough sleep is bad for your health
8. Pulling an 'all-nighter' before an exam is an effective way to revise
9. Taking a hot bath in the evening can help you have a good night's sleep
10. You are more likely to put be overweight if you do not get enough sleep

How well did you do?

Our brains are inactive during sleep

False – your brain is more active in deep sleep than when you are awake

Teenagers need at least 7 hours sleep per night

False – they need at least 9 hours

A lack of sleep can cause mental health difficulties

True – including depression, anxiety and suicidal thoughts

If you don't get enough sleep in the week you can catch up at the weekend

False – you *cannot* catch up on sleep

You sleep better in a warm room

False – a cooler room will help you to fall asleep more quickly

You sleep better in a dark room

True

Not getting enough sleep is bad for your health

True – lack of sleep causes heart attacks, strokes, cancer, Alzheimer's

Pulling an 'all-nighter' before an exam is an effective way to revise

False – you need sleep **before** and **after** learning to remember it. 40% reduction in memory if you don't get enough sleep.

Taking a hot bath in the evening can help you have a good night's sleep

True – when you come out your body cools down which helps you fall asleep more quickly

You are more likely to put put on weight if you do not get enough sleep

True – lack of sleep decreases the hormone which makes you feel full and increases the hormone which makes you feel hungry.

How *much* does sleep affect school?

Recent research into sleep has discovered that humans need sleep to…

- ✓ Put what we've learnt that day into our long term memory
- ✓ Get our brains ready to learn tomorrow
- ✓ Be able to problem solve
- ✓ Have good judgement to make sensible decisions
- ✓ Empathise and have good relationships with others
- ✓ Reduce stress
- ✓ Fight infection and stay healthy

Our Top Tips

- Create a routine for sleeping and stick to it in the week & weekend
- Don't use electronic devices an hour before bed
- Make sure your bedroom is cool and dark & only use your bed to sleep
- Avoid caffeine