

**World Sleep Day**

*Hosted by World Sleep Society*

**MARCH 18, 2022**

**QUALITY SLEEP | SOUND MIND | HAPPY WORLD**

# World Sleep Day

## FORM TIME ACTIVITIES

**Healthy  
Minds**

Nurture Emotional Wellbeing in Sheffield Schools

Sheffield Children's



NHS Foundation Trust

# Why should we talk about sleep?

- \* The NHS found that around 30% of 6 to 10 year olds had trouble sleeping.
- \* These included:
  - \* Problems getting to sleep
  - \* Waking in the night
  - \* Waking up too early
- \* For 11 to 16 year olds, these problems are experienced by nearly 40% of young people
- \* For 17 to 23 year olds, these problems are experienced by nearly 60% of young people

**Lots of young people struggle to get enough sleep**

Hands up if you didn't get enough sleep last night!



# Why sleep matters



- \* Sleep is so important for our physical health and mental health.
- \* It allows our mind to make sense of the day and gets our brains ready for learning new things.
- \* **Simply put, getting a good amount of sleep helps us better cope with life and its challenges.**
- \* Without good sleep we can end up not feeling our usual self and have more aches and pains, less energy and can lose interest in day-to-day activities.



# How much sleep do I need?

- \* **Everyone is different.**
- \* Some people can get 6 hours sleep and feel well rested, others can get 9 hours sleep and still feel tired out!
- \* But generally these are the amounts based on age.

Age
4-12 months
1-2 years
3-5 years
6-12 years
13-18 years

No. of hours (including naps)
12-16 hours
11-14 hours
10-13 hours
9-12 hours
8-10 hours

# The science of sleep

- \* Throughout the night, the way we sleep changes and we go through different stages of sleep.
- \* It is generally separated into non-REM and REM sleep.
  - \* Non-REM Sleep – restores the body
  - \* REM Sleep – restores the brain
- \* This means both types of sleep throughout the night are vital for us to feel well rested.



# The science of sleep

There are four stages of sleep that everyone goes through several times each night. These are made up of two types of sleep: REM and Non-REM.

Non-REM sleep is made up of three stages. This is the restful and restorative sleep where your body is being repaired. Non-REM sleep lowers muscle tone, body temperature, heart rate and blood pressure.

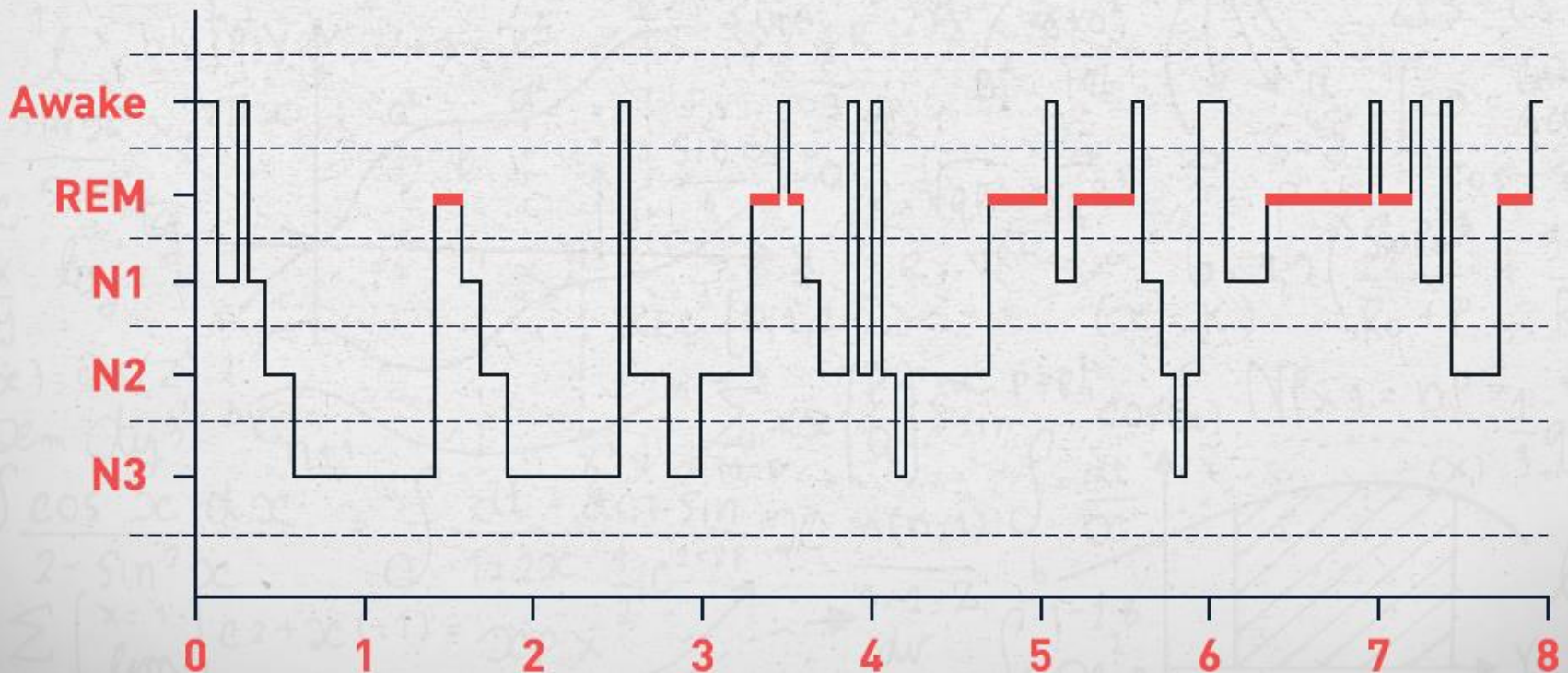
Stage N1 is where you experience light sleep, when you are nodding off but can be easily woken by a slight sound or movement.

Stage N2 is a deeper sleep, you are still aware of your surroundings, but if left undisturbed you will continue to Stage N3.

Stage N3 (slow wave sleep) is when you are in a deep sleep and may find it difficult to awaken.

REM (rapid eye movement) is where the body switches off and the brain receives extra blood and processes the day's events. This sleep consolidates your learning and

helps you develop your social and emotional abilities. In REM sleep you dream and during this period of sleep your body is paralysed, so you don't act out your dreams. As you get older, you spend less time in REM sleep.



# Discussion

In groups discuss:

**What stops you from getting enough sleep?**

Each group needs to nominate one person to feedback to the rest of the groups

# Did you say?



**Not winding  
down before  
bed**



**Bedroom too  
light or dark**



**Uncomfortable  
bed, bedding  
or sheets**



**People arguing  
where they live**



**Being too full  
or hungry**



**Socialising  
until late**



**Using social  
media until  
late**



**Sharing a  
bedroom  
with siblings**



# Did you say?



**Tests, exams  
and revision**



**Too much  
screen time  
before bed**



**Eating  
sugary snacks  
before bed**



**Exercising close  
to bedtime**



**Feeling worried  
or scared**



**Drinking  
caffeinated  
drinks**



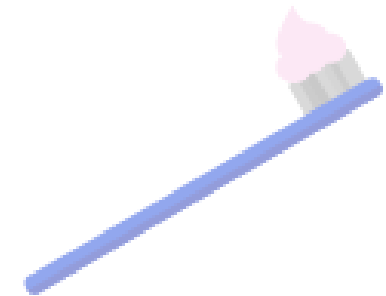
**Being too hot  
or too cold**



**Becoming  
dehydrated during  
the night**

# Bedtime routines

- \* Often you might struggle with sleep because of an inconsistent routine.
- \* Often young people go to bed at different times and get up at different times during the week and on weekends.
- \* This makes our body and brain confused about what time is sleep time.



**Having no or an  
inconsistent bedtime  
routine**

# Lack of routine



[Teen Sleep Hub - Top Tips - Lack of Routine – YouTube](#)

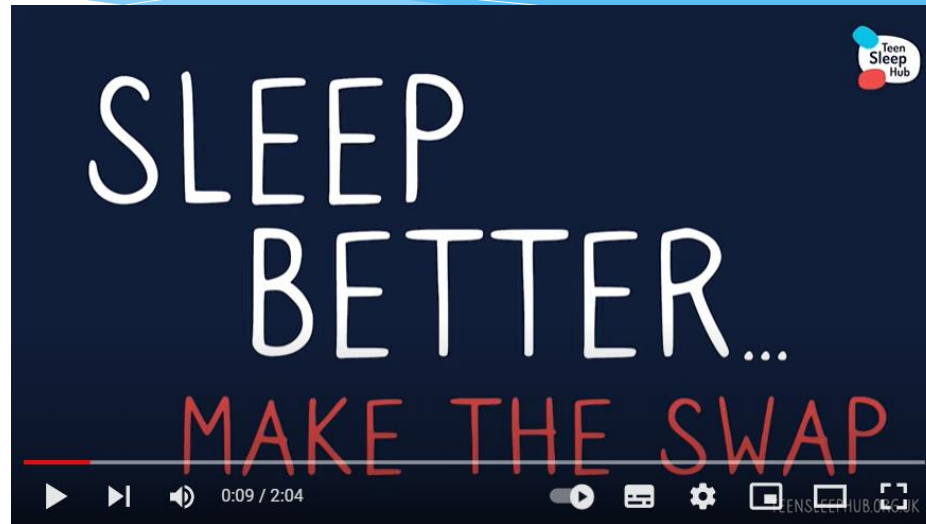
# Discussion

In groups discuss:

**What could you do to get better sleep?**

One person from each group will need to feedback to the other groups

# Top tips for getting better sleep



## Lifestyle Changes

[Teen Sleep Hub - Lifestyle Swaps Series - YouTube](#)

# Tips for getting better sleep

## Screen time

Watching or playing on anything with a screen before bed can make it hard to sleep. This is because, the light inhibits the production of melatonin in our brain. Melatonin is a chemical only released in the dark, which makes us feel sleepy.

**turn off all our devices at least an hour before bed, or use a night mode on the device.**





# Top tips for getting better sleep



[Teen Sleep Hub - Top Tips - Anxiety - YouTube](#)

# Where to get extra support

<https://teensleephub.org.uk/teens-young-people/>



<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>



<https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

