

Looking after yourself: The Sleep Factor

OVERVIEW & PURPOSE

We are learning about healthy sleep patterns whilst at home. Work down through each exercise, filling in your own answers on the sheet, whether you do it in Google Docs or print off.

By the end, you should be able to say this.....

I can explain the impact of sleep on health and wellbeing

I can describe healthy sleep patterns and identify factors which can reduce sleep quality

I can describe a range of strategies for ensuring appropriate sleep patterns

Task 1 - What do you know?

Have a go at the True/False quiz starter, to be found in the lesson resources.

Task 2 - Sleep benefits

Sort the statements into what you think is the most important, to what you think has less impact on sleep. There are no absolute rights or wrongs here. Write the number from 1-9 NEXT to the statement.

- Sleep Can improve long and short term memory
- Sleep can improve mood and make you feel more upbeat
- Healthy Sleep makes it easier to pay attention and stay focused.
- Good sleep helps keep skin looking fresh and clear
- Sleep supports healthy brain growth and development.
- Sleep reduces Stress
- Sleep improves athletic performance and reaction speeds.
- Sleep increases academic performance
- Sleep can develop creativity and creative thinking.

Explain why you have put your statements in that order here:

Task 3 - Sleep Strategies

What habits or strategies could a person use to promote good quality sleep?


Create a Do's and Don'ts list by filling in this table:

Get yourself a good night's sleep!	
DO	DON'T

Task 4 - Sleep Scenarios:

Read through the scenarios and answer the questions for each person:

KLAUDIA (12 YEARS OLD)



Klaudia has a really busy after school schedule. She finishes school at 3.30pm, and stays behind for homework club most days, until 4.30pm. She then helps out in the family shop until 7pm before she goes to basketball training three times a week (between 7.30 and 9pm). So when she gets back home she needs to shower, wash her hair and usually eats dinner at about 9.30 or 10pm. Then she relaxes by watching TV or chatting on social media before falling asleep around midnight. She is always tired when her alarm goes off at 7am to get ready for school, and usually snoozes it for at least half an hour.

1. Any habits that Klaudia has that might be preventing her from getting good quality sleep?

2. What are the consequences for her if she isn't getting good quality sleep?

3. What she could change (or do differently) to help her get better quality sleep

BENJI (13 YEARS OLD)

Benji feels tired all the time. He finds it really difficult to wake up in the morning so gets into an argument with his parents most mornings and gets blamed for making everyone late. He often gets into trouble for being late to school, too. He drinks a caffeine drink on the way into school to help him wake up and usually has three or four more during the day. He sometimes finds himself falling asleep during lessons, and most days he has a nap when he gets home from school, between about 4.30pm and 6pm. The only time he feels energetic or awake is in the evening, and doesn't feel tired when he tries to go to bed! At the weekend he usually has a lie in until 1pm to catch up on sleep, but stays out late with friends on Friday and Saturday nights.



1. Any habits Benji has that might be preventing him from getting good quality sleep?
2. What are the consequences for him if he isn't getting good quality sleep?
3. What could he change (or do differently) to help himself get better quality sleep?

RYAN (11 YEARS OLD)



Ryan has just started secondary school. It starts earlier in the morning than his primary school used to, and he has to travel further to get to school now too. To make it on time, he gets up at 6.30am. He is finding this really hard, and feels very tired. This is made even worse because Ryan is quite worried about secondary school and is quite disorganised. He's been told off and had detention twice because he forgot his equipment. He often lies in bed running through in his mind all the things he needs to pack in his schoolbag for the next day. He sometimes wakes up in the night worried that he is going to get in trouble again.

1. Any habits that Ryan has that might be preventing him from getting good quality sleep?
2. What are the consequences for him if he isn't getting good quality sleep?
3. What could he change (or do differently) to help himself get better quality sleep?

SHAZNAY (12 YEARS OLD)



Shaznay has just got her first smartphone for her 12th birthday. She has started using her mobile phone as an alarm clock, so sleeps with it on her bedside table. She doesn't think it disturbs her sleep much, but she does use it for an hour or so before she goes to bed, and sometimes that means she stays up later than she meant to. Her phone often goes off during the night and it is hard to resist checking the notifications, but she

only looks at it for a second or to in case it's important. She doesn't understand why some of her friends are still posting at 2 or 3am. Checking her phone is the first thing she does when she wakes up. Sometimes, she listens to a podcast or a relaxation app to help her fall asleep.

1. Any habits that Shaznay has that might be preventing her from getting good quality sleep?
2. What are the consequences for her if she isn't getting good quality sleep?
3. What she could change (or do differently) to help her get better quality sleep?

Task 5 - Evaluation:

Please carry out the Evaluation Quiz. I want your feedback please!

Task 6 - Extension task (If you have finished other activities, complete this):

Plan and conduct a survey of close friends and family about their sleep patterns. This could include questions about how much sleep, when they sleep, how they prepare for sleep, techniques they use if struggling to sleep etc.

Use this information to help decide on a priority for the creation of an advert which raises awareness of a particular aspect of good sleep habits.

This could be a video to share, a poster which is displayed on the website or a leaflet that can be made available and downloaded.

Top tip: Don't include sensitive information or inappropriate pictures or yourself or others. Stay safe online and in education!

Task 7 - Further Learning:

The ChildLine website has advice about sleep for young people:

www.childline.org.uk Phone: 0800 1111

Have a listen to this PSHE Podcast:

<https://soundcloud.com/pshe-association/ep-2-waking-up-to-the-importance-of-sleep>

Top Recommendations:

SLEEP IN 13-18 YEAR OLDS ISSUE EXPLANATION

SLEEP REQUIREMENTS

Teenagers need approximately 9 hours of sleep per night, although many are averaging approximately 7 hours, meaning they are significantly sleep deprived. After puberty, the internal clock of an adolescent undergoes a biological shift of up to 2 hours later, meaning that a 14-year-old who used to fall asleep at 9pm could now find it difficult to fall asleep before 11pm. The time that teenagers naturally wake up also

shifts by up to 2 hours later. This is why teenagers often find it difficult to wake up early and can become frustrated if advised to go to bed early.

COMMON SLEEP PROBLEMS

Many teenagers try to compensate for sleep loss by sleeping in at weekends. However, this can continue to disrupt sleep patterns and make it harder to get back into a routine on Sunday night / Monday morning.

Teenagers can suffer particularly from moodiness or irritability when sleep deprived, as well as experiencing delayed cognitive ability. Teenagers are also likely to be more impulsive, and engage in risk-taking behaviours if they are sleep-deprived.

RECOMMENDATIONS

- Teenagers will also benefit from a regular sleep schedule, waking up and going to sleep at the same time every day, avoiding lying in at the weekends.

Teenagers should go to sleep in time to get 9 hours sleep before the required wake up time. Some people find afternoon naps helpful but they should be 15 -30 minutes maximum and in the early afternoon.

Naps should only be used as a technique if absolutely necessary; it is much better to try to improve the quality and length of night-time sleep.

The time before bed (at least 60 minutes) should allow for winding down and must avoid screen use (e.g. TV, phones, tablets etc.). It is recommended that a phone is not kept in the bedroom (or used as an alarm), as it can be very hard to self-monitor their use.

Teenagers should avoid caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets — particularly during the afternoon and evening. It is also important to avoid reliance on caffeine tablets when revising or tired as a result of sleep deprivation, as these can interfere with natural sleep cycles.

Alcohol, smoking and drugs can have serious consequences on sleep (and other health issues). Sleeping pills should also be avoided as these can develop a dependency and lead to sleep problems returning when the use of the pills ceases.

Spending time outdoors every day if you are able at the moment (especially in the morning) can be beneficial to sleep as sunlight can help keep the internal body clock in check. Equally, regular exercise can help falling asleep and sleeping deeply, although it is not ideal to exercise too close to bedtime.

ANSWERS TO TASK 4



Klaudia

- Klaudia needs to review her schedule as she is currently only getting 7 hours' sleep.
- She is eating and exercising very late.
- She should think about how to prioritise or reorganise her schedule so that she is able to get better sleep.

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Benji

- Benji has very erratic sleep patterns.
- He should reduce his use of caffeine drinks (especially in the afternoon).
- He should try to avoid napping and sleeping in at the weekends.
- Instead he needs to establish a more consistent routine.

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Ryan

- Ryan needs to focus on reducing his stress.
- He could organise his school bag in the evening before bed.
- He should try to do something relaxing and calming before bed.
- This will mean he is better able to function (and feel less stressed) the next day.

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Shaznay

- Shaznay may be more affected by her phone than she thinks.
- Regular disturbances during the night and looking at backlights before sleep lead to poorer quality sleep overall.
- She should remove her phone from her bedroom at night and make sure it is turned off.

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