

Sleep.



We spend about a third of our lives asleep. Sleep is essential - It is as important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health.

The negative effects of sleep deprivation.

Lack of sleep can affect your life adversely by:

- Making you irrational, clumsy, and more likely to make mistakes. You literally can't think straight if you haven't had enough sleep.
- Affecting your relationships. You are more likely to be irritable and unreasonable.
- Have a hard time doing everyday tasks
- Making you more likely to think negatively.
- Slowing your responses, making you less alert, and affecting your memory.
- Feel hungrier and snack more.
- Feel tired during the day.
- Increasing your chances of becoming physically ill.
- Adversely affecting your physical appearance.

Signs of sleep problems:

Activity 1. Tick the boxes.

You may:			
Find it difficult to fall asleep.			
Wake up several times during the night			
Lie awake for long periods at night			
Wake up early and be unable to get back to sleep			
Feel down or have a lower mood			
Have difficulty concentrating			
Be more irritable than usual			
Feel like you have not slept well when you wake up in the morning			

Have a look at these tips from the NHS.

Top tips to get to sleep and sleep better



Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.



Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.



Move more, sleep better

Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.

Relaxation tips to help sleep from the NHS

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once you are in bed, read quietly or listen to some relaxing music, or read a story together.
- Try relaxing breathing exercise before bed. Have a look at the *activity 2*. You will get the most benefit if you do it regularly, as part of your daily routine.

Activity 2. Relaxing breathing.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

Did you know that some food helps you to improve your sleep?



Bananas



Herbal tea



Cacao



White Rice



Milk



Pumpkin seeds



Sweet potatoes



Salmon



Oatmeal



Cottage Cheese



Almonds



Turkey



Kiwi



Valerian tea

Activity 3. What are your favourites? Choose three of the above.

- 1)
- 2)
- 3)

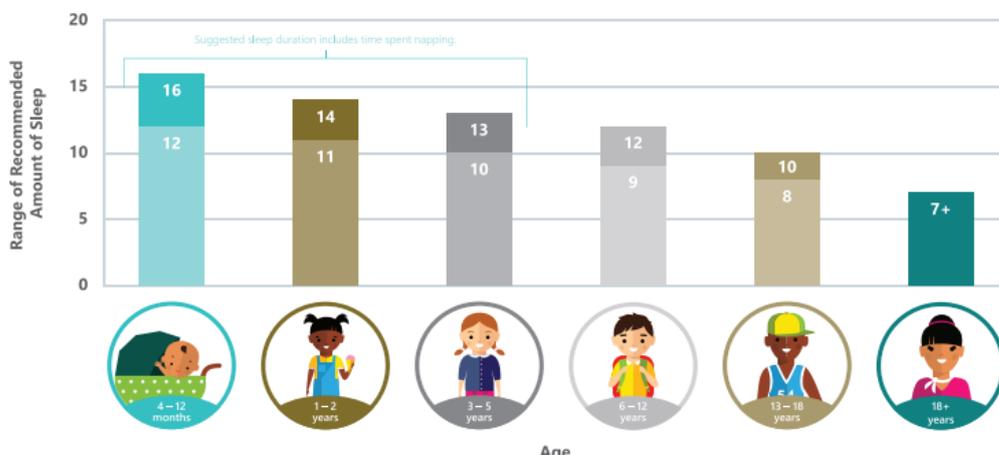
Activity 4. Try meditation before going to sleep.

<https://www.youtube.com/watch?v=rUQOG5MAEfM>

Do you know how many hours are recommended for you depending on your age?

Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



Activity 5.

		Rarely/Never (0)	Sometimes (1)	Usually/Always (2)
Satisfaction	Are you satisfied with your sleep?			
Alertness	Do you stay awake all day without dozing?			
Timing	Are you asleep between 10 o'clock and midnight?			
Efficiency	Do you spend less than 30 minutes awake at night? (including the time it takes you asleep)			
Duration	Do you sleep between 9 and 11 hours a day?			