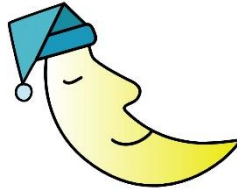


Sleep Success!

Sleep is vital to our wellbeing. Children who get the right amount of sleep are more likely to:

- Be mentally alert
- Have better brain functions
- Have sharpened senses
- Be able to learn to their full potential
- Concentrate



Sleep helps our bodies to develop

- Helping tissues to repair
- Leaving us feeling better
- Supporting our immune systems
- Releasing growth hormones

There are 2 types of sleep, REM sleep and non-REM sleep.

Non-REM Stage 1: Breathing slows down, you go into a light sleep. It takes 15-20 minutes to pass through this stage.

Non-REM Stage 2: Stage 2 is a deeper sleep than stage 1. You can still be woken easily. Your brainwaves become longer and slower as your body prepares for the next stage.

Non-REM Stage 3: In deep sleep, your brain waves slow down. Breathing slows down, muscles relax, and you are still. Hormones are released for growth and development.

REM Sleep: REM sleep is the second type of sleep where most dreaming occurs with high brain activity. However, while your brain is active, only your eyes and breathing muscles can move.

Average sleep needs:

- 11 years: 9.5 hours per night
- 12 years: 9.5 hours per night
- 13 years: 9.25 hours per night
- 14 years: 9 hours per night
- 15 years: 8.75 hours per night
- 16 years: 8.5 hours per night

Checklist for good sleep:

- Room temperature:** It should be between 16-18 degrees.
- Bedding:** Check that you are happy with the material of your bedding
- Noise:** Is there any noise inside or outside disturbing you?
- Light:** Is the room dark enough? Melatonin is produced in the dark
- An over stimulating bedroom:** Is your bedroom too bright or busy?

Sleepy Foods:

Milk products: Warm milk, yoghurt

Fish: Cod, tuna, mackerel, salmon

Fruits: Apples, bananas, blueberries, strawberries, cherries **Bread:** Whole wheat bread

Vegetables: Spinach, broccoli, tomatoes, cabbage, cucumber, potatoes, cauliflower, mushrooms

Meat: Chicken, turkey

Cheese: Cheddar, cottage cheese, tofu

Melatonin; the sleepy hormone

Melatonin is the hormone produced when it's dark, it makes you feel sleepy. This can be increased through being in dark rooms and not watching screens an hour before bed. Melatonin is reversed by natural light.

Please see the Student Advisors for more information.