

Sleep needed

Children aged 6-12 years old usually need between 10 and 11 hours sleep every night (some may need more or less). To wake up at 7a.m. in time for school, a good time to go to bed is before 9pm.



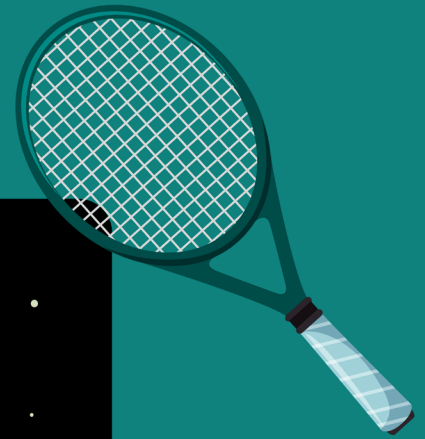
Relax

Doing something relaxing in the hour before going to sleep can really help. This could be things like reading a book or listening to a story, having a bath, cuddling a pet, talking to a family member about the day, or playing a board game or puzzle.

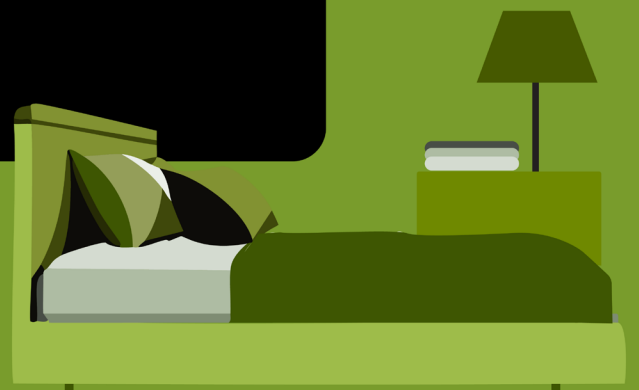


Outside

Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well, as long as it is not too close to bedtime.



Things that improve sleep



Routine

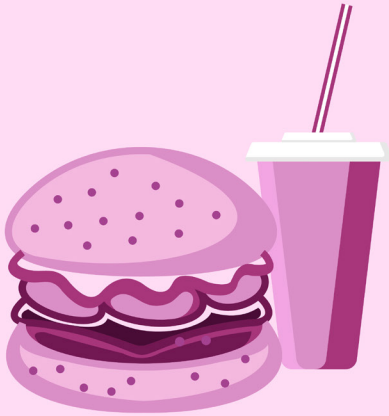
Keeping to the same routine is a good idea. This means trying to go to bed and wake up at the same time every day, even on weekends.

Tidy

It is much easier to relax and fall into a deep sleep in a tidy room. Making a bedroom dark and cool before going to sleep can also help.

Food and drink

People should try to avoid drinking or eating anything with lots of sugar (like sweets and fizzy drinks) or caffeine (like energy drinks) as these ingredients can stop people getting to sleep. They can affect the quality of people's sleep too.



Screens

Electronic screens (like the TV, computer, tablet or mobile phones) create blue light that can make our brains think it's daytime. They can also distract people from getting to bed! So, it's best to turn screens off at least an hour before bedtime and try to put them away in a room where people don't sleep, if possible.



!
**Things
to avoid**

A large white triangular warning sign with a thick purple border. Inside the triangle, there is a purple exclamation mark at the top, followed by the text "Things to avoid" in a bold, purple, sans-serif font.

Running around

Avoid running around or doing lots of exercise just before bedtime. This can make the body wake up when it needs to wind down, ready for sleep.



Good quality sleep helps people to...

MENTAL

- ✓ Make decisions
- ✓ Learn
- ✓ Progress at school
- ✓ Think creatively
- ✓ Remember more

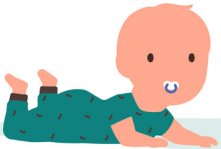


PHYSICAL

- ✓ Improve at sports
- ✓ Strengthen the immune system
- ✓ Heal faster from injuries
- ✓ Feel healthier
- ✓ Feel happy



Sleep and puberty



As children become teenagers, their sleep pattern can change. Often, teenagers need a bit less sleep (usually about 9 or 10 hours sleep per night).

Teenagers usually want to go to sleep and wake up about 2 hours later than younger children or adults. This is called a shift in their 'internal body clock'.

During puberty, a person's body produces new hormones. This mostly happens when they are in a deep sleep. These hormones help the body to grow and develop during puberty.



Question	Answer
What are some benefits of good quality sleep for the body?	
What are some benefits of good quality sleep for the mind?	
How much sleep do children need each night?	
Can you find two ways in which someone's sleep pattern might change during puberty?	
What happens during sleep, when someone is going through puberty?	
Can you find three things someone could do to help improve their sleep?	
Can you find three things someone could not do (or could stop doing) to improve their sleep?	

Question	Answer
What are some benefits of good quality sleep for the body?	For example, good quality sleep helps: <ul style="list-style-type: none"> • the body to heal and repair from injuries • strengthen people’s immune system – which supports them to fight illnesses (like coughs and colds) as well as disease
What are some benefits of good quality sleep for the mind?	For example, good quality sleep helps: <ul style="list-style-type: none"> • people to learn and remember things • decision-making • people to feel in a good mood, and feel more resilient
How much sleep do children need each night?	Children between the ages of 6 and 12 usually need around 10-11 hours of sleep a night. So, if they are getting up at 7am, they should usually go to bed before 9pm.
Can you find two ways in which someone’s sleep pattern might change during puberty?	<ol style="list-style-type: none"> 1. Teenagers need a bit less sleep than children – 9 or 10 hours a night. 2. Teenagers usually want to go to sleep and wake up about 2 hours later than younger children or adults.
What happens during sleep, when someone is going through puberty?	For example, the body makes hormones needed for the changes that happen during puberty.
Can you find three things someone could do to help improve their sleep?	For example: <ul style="list-style-type: none"> • going outside and exercising during the day (but not too close to bedtime) • turning screens off an hour before bedtime • relaxing, calming activities before bed, such as reading or meditating • going to bed and getting up at the same time • tidying their bedroom, and keeping it cool and dark
Can you find three things someone could not do (or could stop doing) to improve their sleep?	For example: <ul style="list-style-type: none"> • high energy exercise or movement near bedtime • using screens or devices before bedtime (e.g. game consoles, tablets, TV, computers) – ideally these should not be in the bedroom at all, as the blue light can interfere with sleep • drinking fizzy drinks or energy drinks (which may keep people awake and mean they sleep less well) • eating sugary foods (which may make people feel hungry or thirsty not long after eating them)

Can you create a daily schedule for better sleep?

Remember to include a wake-up time and a bedtime that allows for enough sleep.

Top tips for the bedroom environment

In the morning...

During the day...

In the evening...