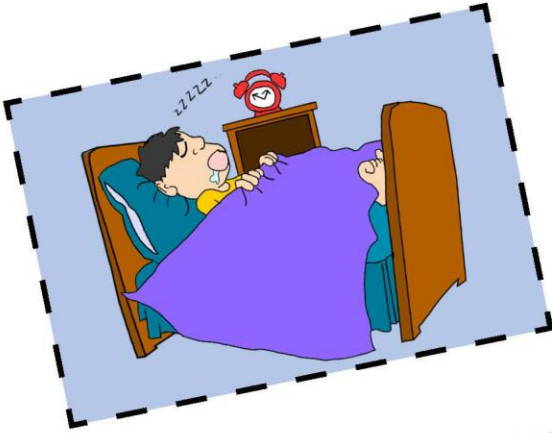# FACTS ABOUT SLEEP

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 7am in time for school, a good time to go to bed is before 9pm.

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 being read, having a bath, cuddling a pet, talking to someone in your family about your day, or playing a board game or puzzle.

Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well.

Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.

## TIDY YOUR ROOM!

A messy bedroom can actually affect good sleep! It is much easier to relax and fall into a deep sleep in a tidy, organised room. Making a bedroom dark and cool before going to sleep can also help.

## CALM DOWN!

Avoid running around or doing lots of exercise just before bedtime. This can make the body wake up when it needs to be winding down.

## TURN IT OFF!

All electronic screens like the TV, computer, tablet, mobile phone should be turned off at least an hour before bedtime. It's best to put them away in a room where people don't sleep.

## DON'T DRINK THAT!

Drinking or eating anything with caffeine (like coffee, tea or energy drinks) or lots of sugar (like sweets and fizzy drinks) can keep someone awake for a long time. This might mean that when they fall asleep, they don't sleep very well.

# SLEEP

**FEEL happy**

**People who get good quality sleep are more likely to...**

**MAKE GOOD decisions**

PERFORM better at sports

GET BETTER scores in exams

**AVOID illness**
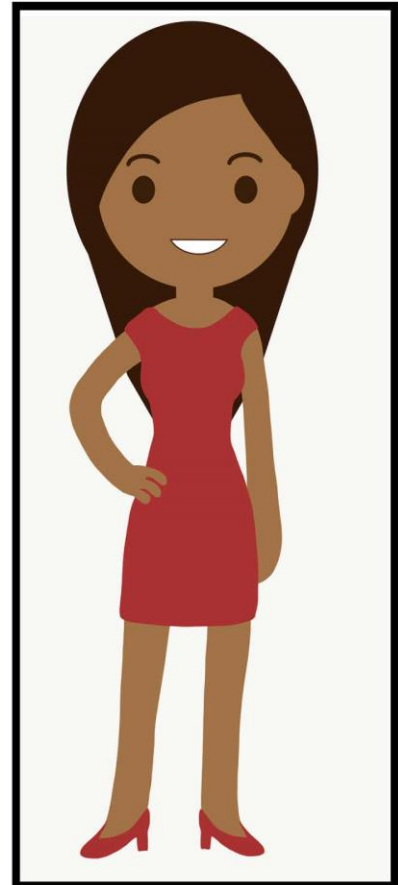
**LEARN better**

BE MORE creative

**REMEMBER more**

FEEL healthier

**HEAL FASTER from an injury**

# PUBERTY & SLEEP

As we get older, our sleep needs and patterns change. As children become teenagers, they need a bit less sleep each night (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 and this mostly happens when they are in a deep sleep.

By getting good sleep the body can grow and develop during puberty. This will help to improve memory and learning. Good sleep might also reduce some other issues during puberty such as moodiness, getting spots or putting on weight.

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