



Headstrong -

Week 12

2020/21

<https://youtu.be/BJpUWrliPZQ>



How much sleep do teenagers need???

Ideally 9-10 hours!

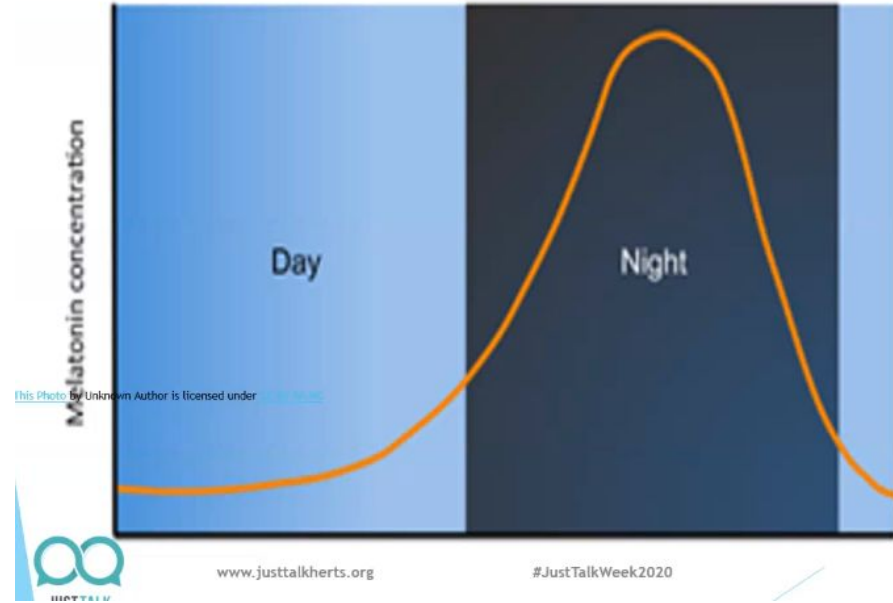
How much sleep do you actually get?



The chemical we need to help us sleep is called Melatonin.

This graph shows how it increases and decreases over a 24 hour period. Adults usually get sleepy at 9-11pm at night.

For teenagers, the chemical doesn't get released until later at night, so it can be harder to get to sleep sometimes.



Why is a good night's sleep so important for the teenage brain?



Whilst you sleep, it is a period of rest for the body, but lots of things still happen in your brain...

- Growth hormones are released
- Things you have learnt move into the long term store in your brain
- The waste chemicals that are released when neurons fire are cleaned up



If you get less than 6 hours sleep a night, you would be considered as being sleep deprived. What might this do to your brain and body?



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Mood
Grades and schoolwork
Concentration
Relationships
Physical health
And mental health



How do we make sure we have the best chance of sleeping well?

Develop a good sleep routine, which might include:

- a. Time to wind down and relax
- b. Switching off electronic devices at least 45 minutes before bed
- c. Lowering the lights
- d. Listening to calming music
- e. Having a warm (not caffeinated) drink

Whatever you choose to include that works for you is fine, you just need a routine to train your body and brain that it is sleep time!

HEALTHY SCHOOLS CHALLENGE:

1. Reflect on how much sleep you are getting. Do you get enough? Do you still feel tired when you wake up?
2. If you don't get enough sleep, spend time this week thinking about your bedtime routine - what changes could you make to improve things?
3. Make sure this week, you always put electronics away at least 45 minutes before bedtime.





Wishing you comfort,
happiness, and a

Good Night's
sleep!