



Session 18

# RECAP

So far we have learnt...

- ★ About the importance of food to develop positive wellbeing
- ★ That sharing food with friends is a positive thing for wellbeing

What role does sleep play in our wellbeing?



**TRUE**

**FALSE**

Humans are the only mammals that  
willingly delay sleep.

**TRUE**

The record for the longest period of time without sleep is 22 days.

**FALSE**

It is actually only 11 days.

Teenagers need about 6-7 hours sleep a night.

**FALSE**

Teenagers ideally need 9-10 hours sleep a night.

12% of people dream only in black and white.

**TRUE**



Sleep deprivation will kill you more quickly than food deprivation.

**TRUE**

Pain tolerance is decreased by sleep deprivation.

**TRUE**

**SLEEP TO REMEMBER**



**REMEMBER TO SLEEP**

A serene winter landscape featuring a snow-covered path that winds through a dense forest of evergreen trees. The scene is captured in soft, natural light, likely during the golden hour of sunrise or sunset, creating a peaceful and contemplative atmosphere. The sky is a clear, pale blue, and the snow on the ground and trees is bright white, contrasting with the dark green of the trees.

**Sleep is the best  
meditation.**

Dalai Lama

# HEALTHY SCHOOLS CHALLENGE:



A huge part of rest is getting a good night's sleep, however, lots of people struggle to sleep properly.

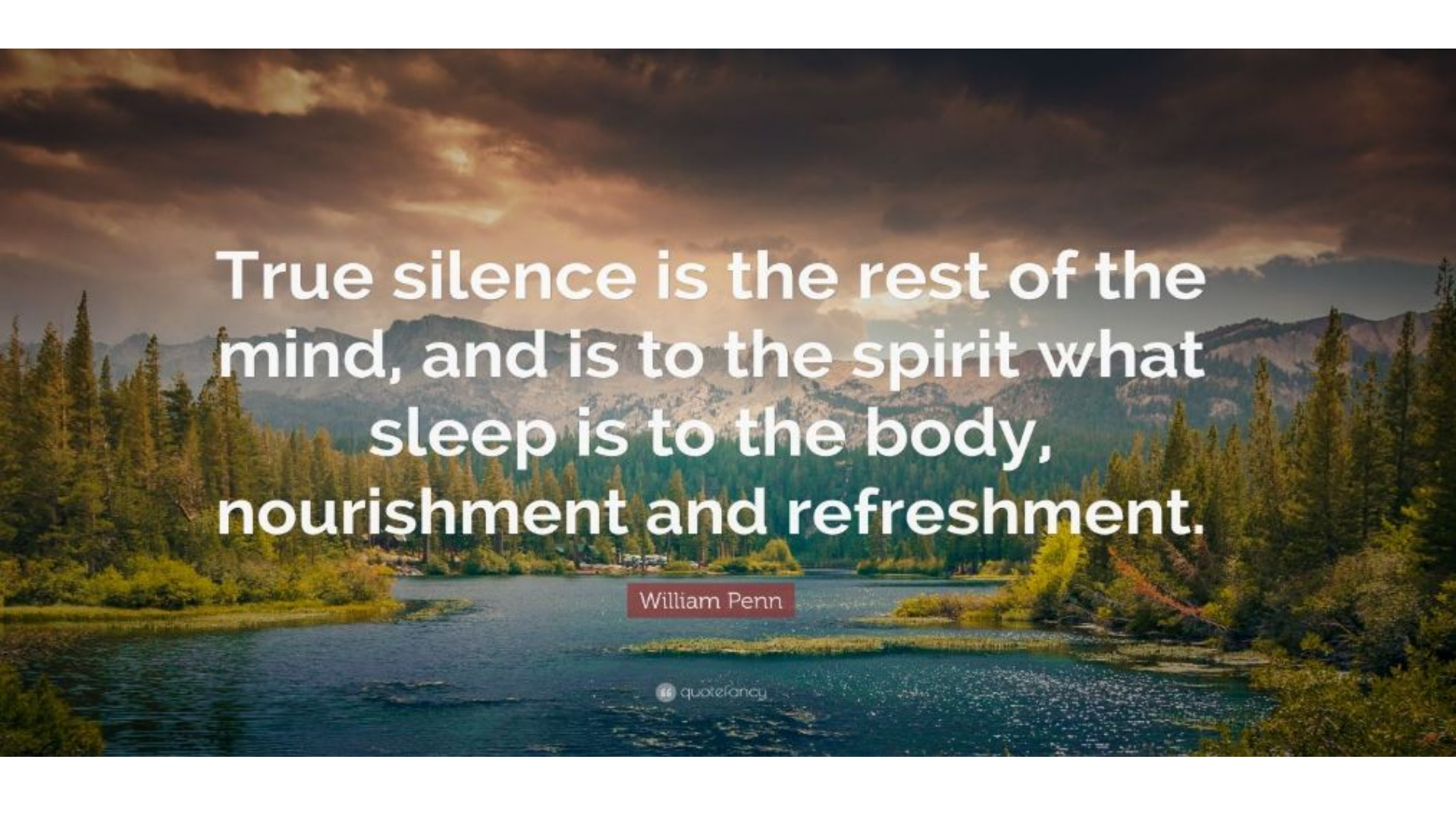
Whether you are a good sleeper or you find it hard to sleep, a good evening routine is very important.

Your challenge this week is to think about the checklist for a good night's sleep. Record what you already do and make a note of one thing you will try to implement over the coming week.

# Checklist for a good night's sleep...

- Make sure the bedroom isn't too hot or cold
- Stop looking at screens an hour before going to bed
- Put your phone on do not disturb whilst asleep
- Have a relaxing bath or shower
- Avoid caffeine after 5pm
- Decide on a regular bedtime
- Write down worried or thoughts to clear your mind
- Do a calming activity like reading or colouring





True silence is the rest of the  
mind, and is to the spirit what  
sleep is to the body,  
nourishment and refreshment.

William Penn