



Week 11 of
Headstrong from
home

<https://www.youtube.com/watch?v=y4xls5Xibmw>





Questions to ask yourself...

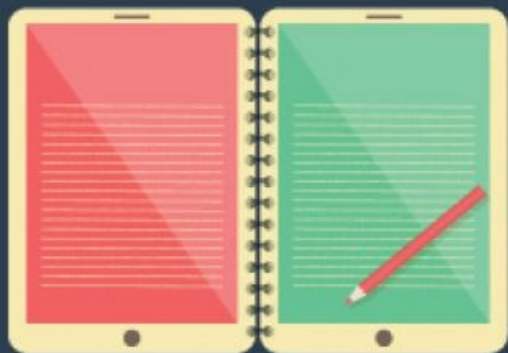
How much sleep are you getting?

Do you have a good bedtime routine?

Do you find sleeping tricky?

Do you still feel tired when you wake up?

AMAZING SLEEP FACTS



1/3

we spend around 1/3 of our lives sleeping

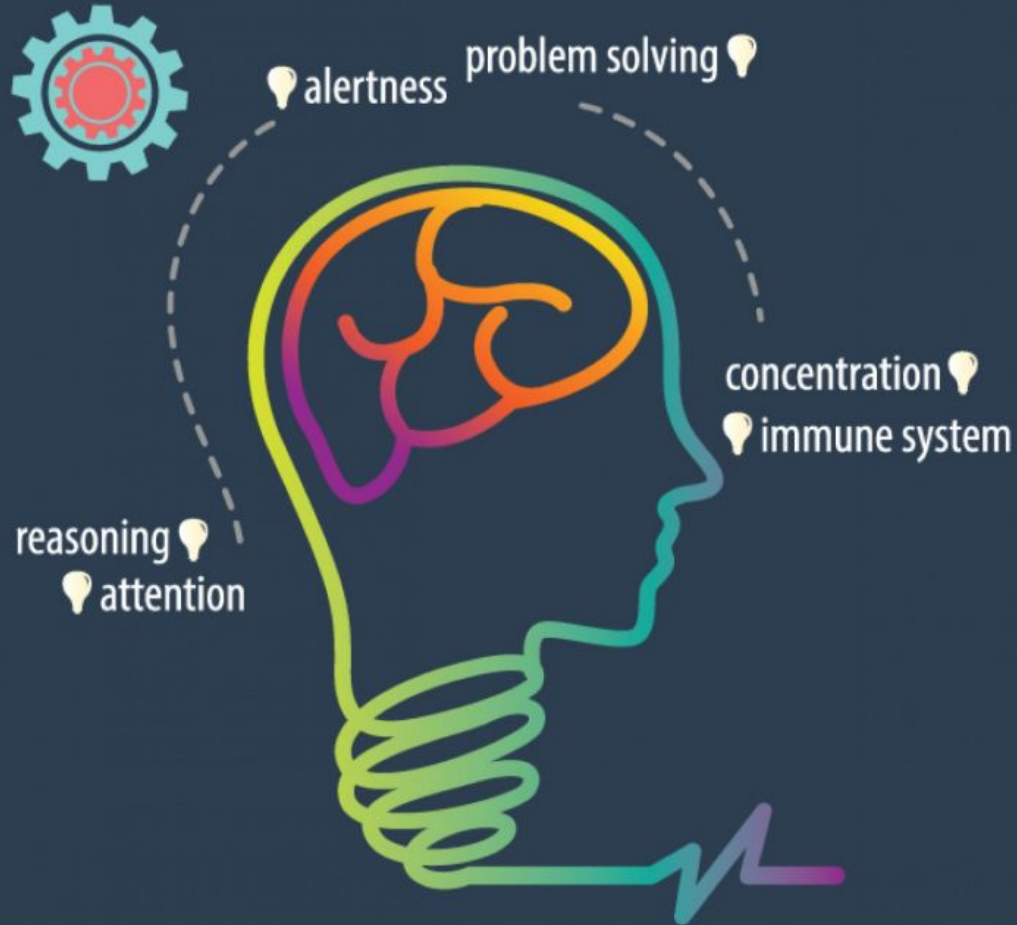
11

the record for the longest period without sleep is 11 days

7

sleeping less than 7 hours each night reduces your life expectancy

EFFECTS OF LACK OF SLEEP



Lack of sleep can cause some very real physical symptoms for people as well as the impact on mental health...

Common Sleep Deprivation Symptoms

This infographic features a central illustration of a young man with blonde hair, looking distressed with his hand to his face. To his right, six icons represent different symptoms, each with a label below it: a person yawning for 'fatigue', a person with a headache for 'difficulty concentrating', a person with a brain icon for 'mood changes', a brain with question marks for 'memory problems', a person with a question mark over their head for 'paranoia', and a person with a question mark over their head for 'hallucinations'. The 'verywell' logo is visible in the bottom left corner of the illustration area.

HEALTHY SCHOOLS

CHALLENGE:

If sleep and keeping to a decent routine is something you are struggling with, your challenge this week is to try and make some changes to improve the situation:

- Think about your bedtime routine
- Make sure you manage your screen time before bed
- Keep track of the food and caffeine you are having during the day
- If you can't get to sleep, have a look at the beditation clip to help you sleep

7 Top Tips

FOR A GOODNIGHTS SLEEP

1. *Have a routine*
2. *Find ways to relax and wind down*
3. *Reduce screen time before bed*
4. *Make your bedroom relaxing*
5. *Get Up and move around*
6. *Avoid long naps*
7. *Be Aware*

<https://www.youtube.com/watch?v=T5ut2NYdAEQ>



"Sleep is an investment in the energy you need to be effective tomorrow."

Tom Rath

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