

Dear Parents/Carers

PSHE Activity Programme

People are finding that maintaining their health and healthy routines is a priority given the coronavirus situation however sometimes it is easier said than done. This week our PSHE focus is going to be on sleep; the benefits of maintaining or starting a sleep pattern and looking at how the challenges in getting good quality sleep can be overcome. The aim is to choose a task or tasks that suit you as a family and please remember there is no pressure to complete all tasks.

WEEK TWO – THE SLEEP FACTOR



The Sleep Council have recently written that ‘amidst the current crisis there will understandably be lots of anxiety around everyday living. This in turn is likely to affect our sleep and also our children’s.’ This week our challenges will hopefully allow you and your family to think about how to improve sleep routines even when our usual everyday lives are disrupted.

Challenge One - True or False

Read the following statements are True or False. Answers are on the final page!



1. Teenagers need more sleep than adults.
2. Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday.
3. Most teenagers on average get the right amount of sleep.
4. It is recommended to eat a small snack before bedtime.
5. It is helpful to use a phone app to help track and promote sleep.
6. Naps should be no longer than 30 minutes
7. It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks
8. Getting healthy sleep can improve school results
9. Using the night setting on a phone means it doesn't have any effect on sleep.

Challenge Two - Watch and Discuss

Copy and paste the following links into your browser. Discuss the videos with somebody in your family.

Does it make you want to change your sleep habits?

Did you know about the science behind sleep?

Did anything surprise you?

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

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

Challenge Three – Sleep Is Your Superpower

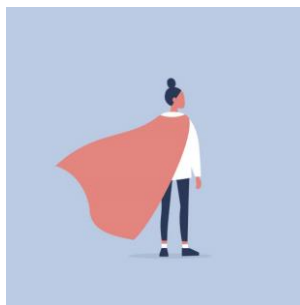
What techniques or strategies could someone use to get better sleep? Make a list of Do's and Don'ts that you could use to promote good quality sleep.

What do you already do that helps you get a restful nights sleep?

What do other family members do already?

Make a list and then aim to use some new strategies this week. You can use the attached Day and Night Sleep Diaries or create your own chart to record your questions and findings.

At the end of the week do you notice any patterns? Are there strategies you've used that you'd like to keep? Are there still things you would like to change to feel more energised, focused and calmer?



Sleep Diary: **MORNING**

Complete each morning

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day of the week							
What time did you go to bed last night?							
What time did you wake this morning?							
How long did it take you to first fall asleep (in minutes)?							
Did you fall asleep: Easily After some time With difficulty							
How many times did you wake in the night?							
How long were you awake during the night in total?							
How long did you sleep last night in total?							
What disturbed your sleep? (physical or mental factors such as stress, worry, noise, lights, comfort etc)							
How would you rate your quality of sleep from 1-5? (with 1 being very poor and 5 being very good)							
How do you feel this morning: Refreshed OK Lethargic							
Any other notes							

For sleep tips and other helpful advice visit www.sleepcouncil.org.uk

Sleep Diary: **END OF DAY**

Complete at the end of the day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Day of the week							
How many caffeinated drinks did you have BEFORE 5pm?							
How many caffeinated drinks did you have AFTER 5pm?							
How many alcohol units did you have BEFORE 5pm?							
How many alcohol units did you have AFTER 5pm?							
In minutes, how much exercise did you do today BEFORE 9pm?							
In minutes, how much exercise did you do today AFTER 9pm?							
Have you taken any medications today? And if so, what.							
Did you have a nap during the day or evening and for how long? (in minutes)							
Throughout the day have you felt any of the following: Grumpy Impatient Tired Moody Unable to concentrate							
In the hour before bed what has your bedtime routine included?							

For sleep tips and other helpful advice visit www.sleepcouncil.org.uk

Challenge One Answers – True Or False

1. Teenagers need more sleep than adults

TRUE

Research shows the average teenager needs just over 9 hour sleep a night, whereas the average for adults is 7 hours. This can be particularly challenging to manage as teenagers often don't feel tired until considerably later (e.g. 11pm) and have changing routines that require them to wake up in time for school.

2. Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday.

FALSE

This can actually make sleep worse. An erratic sleep schedule (for example staying up later at weekends and sleeping in later) make it even harder to fall asleep on Sunday night and wake up on Monday morning. It is much better to maintain regular wake hours over the weekends to keep the body in routine.

3. Most teenagers on average get the right amount of sleep.

FALSE

Due to problems highlighted above, the majority of teenagers are sleep deprived, (often by more than 2 hours of required sleep per night) which accumulates over time.

4. It is recommended to eat a small snack before bedtime.

TRUE

It is a good idea not to go to sleep hungry. While a big meal right before sleep is not advisable, a small snack before bed can help with falling asleep and improve sleep quality.

5. It is helpful to use a phone app to help track and promote sleep.

FALSE

Lots of apps suggest they can help to promote or track sleep, however little research has been done into how effective these really are. Any benefits the app may provide are also likely to be outweighed by having the phone on the bedside table, as the lights on phones and constant notifications throughout the night can have a significant negative impact on sleep

6. Naps should be no longer than 30 minutes.

TRUE

Napping can help sleepiness, but should be no longer than 15-30 mins and in the early afternoon. Napping for longer than this or late in the afternoon can make it difficult to fall asleep at night. Naps should only be used as a technique if absolutely necessary; it is much better to try to improve the quality and length of night-time sleep.

7. It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks

FALSE

Caffeine can give the body a temporary energy boost but it can have significant detrimental effects over time. Caffeine products are potentially addictive and can impact health; they also disrupt sleep even further.

8. Getting healthy sleep can improve school results.

TRUE

Research suggests that students who get the best results in tests sleep more than their peers. Sleep can improve brain functions such as memory, organisation, decision making and attention.

9. Using the night setting on a phone means it doesn't have any effect on sleep.

FALSE

As blue light filter apps are relatively new, research studies have not yet been published. However, using your phone before sleep still has other impacts as people are engaging in conversations, games, processing information etc. at a time when the brain needs them to wind down.

Further Information

The following websites have guidance on sleep but also articles the impact of Covid-19 is having on our sleep.

The **ChildLine website** has advice about sleep for young people:

www.childline.org.uk

Phone: 0800 1111

<https://sleepcouncil.org.uk>