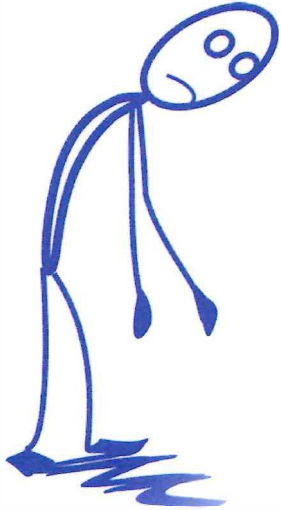


What are the signs of not getting enough sleep?

Feeling moody and irritable

Poor attention



Memory Problems

Deterioration in academic performance

Poor decision making

Poor attendance / being late for school

Spots and pimples as poor sleep can lead to acne

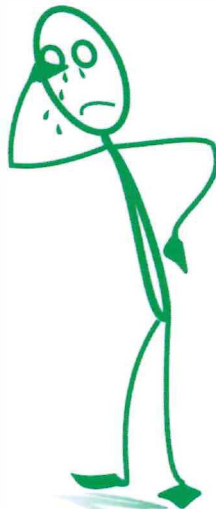
Craving sweet or unhealthy foods

Weight gain

Feeling unmotivated

Lacking energy

Weaker immune system so more prone to catching bugs and colds.



WHO CAN HELP ME?

Ms Ball, Mrs Pascoe, Mrs Brant

Can listen, support and help you to manage your sleep hygiene. Appointments can be arranged or drop-in during break and lunch

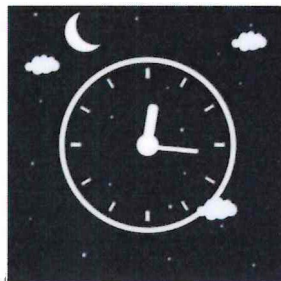
HQ and Medical Room

Can help with day-to-day stress and point you towards additional support

Additional sources of information

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>

www.moodjuice.scot.nhs.uk/sleepproblems.asp



~ Calthorpe Park is a Rights Respecting School ~



Article 12

You have the right to give your opinion, and for adults to listen and take it seriously.



Managing Your SLEEP HYGIENE



Sleep is essential for good health and wellbeing.



Calthorpe Park School

Learners who aspire for themselves and inspire others

How much sleep do I need?

Teenagers need between 9 and 11 hours sleep each night, but scientific research shows that many teens don't get enough.

Why is sleep important?



Sleep is food for the brain.

During sleep, important body functions and brain activity occur. Sleep is as vital for your well-being as the air you breathe, the water you drink and the food you eat.



Healthy sleep habits can help to manage the stresses of being a teen.

Practical tips to help with sleep

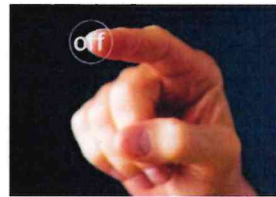
Diet— Avoid energy drinks or anything sugar loaded or full of caffeine. Don't eat late at night.



Avoid Drugs & Alcohol—

Alcohol may make you feel drowsy but it does not improve sleep. Remember that nicotine is a stimulant and will keep you awake.

Limit Screen Time—



Turn off gaming equipment and screens at least one hour before bedtime. Artificial light from devices suppresses the production of the hormone melatonin. Melatonin helps your body to know when it's time to sleep.

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Exercise— Incorporate some exercise into your daily routine.

Keep Regular Sleeping Hours—

This programmes the brain and internal body clock to get used to a set routine. Catching up on sleep at weekends is not ideal. Late nights and long lie-ins will just disrupt your body clock.



Wind down— Winding down is a critical stage in preparing for bed. There are lots of ways to relax such as having a warm bath or doing some yoga exercises.



Make your bedroom sleep friendly— Your bedroom should be a relaxing environment. It ideally needs to be dark, quiet, tidy and be kept at a temperature of between 18c and 21c.



Clear your Mind—

Writing 'To-Do' lists for the next day can organise your thoughts and clear your mind of any distractions.



Sleep Well—Be Well
Make sleep a priority

