Learning about sleep

Presentation Outline

- Grounding Activity
- Sleep Quiz
- Top Tips to Take Away
- Relaxation Activity

Grounding Activity

TAKE A FEW SLOW DEEP BREATHS THROUGH YOUR NOSE AND USE YOUR SENSES

5 THINGS YOU CAN SEE AROUND YOU

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Sleep Quiz

Question 1:

Which bedroom environment might help us to sleep well?

Pale coloured walls and blackout curtains/blinds with toys tidied away out of sight

OR

Patterned wallpaper and posters on the wall, lots of toys and a TV and PlayStation

Question 2:

To sleep well, do you think it is better for your bedroom to be

Warmer **OR** Cooler

Question 3:

What food or drink before bed could help you sleep better?

Hot chocolate

A bowl of Coco Pops

A milk and banana smoothie

Question 4:

What activity could help you sleep better in the relaxation hour before bed?

Using a colouring book/ doing some drawing

Watching a relaxing video on YouTube

Doing star jumps or running around

Question 5:

How many hours sleep do you think you need?

Question 6:

What happens if we don't get enough sleep?

Nothing, our body is good at adapting

OR

We can feel irritable and upset
Information we learn isn’t stored properly in our memory
Our bodies don’t heal and grow as well

Question 7:

Most of us wake up during the night

True

OR

False

After going through the Non-REM stages, we enter rapid eye movement (REM) sleep.

It is during the REM stage of sleep that we dream.

It's important for mental and emotional development.

Very light stage of sleep. During this stage you may twitch

Still quite a light sleep but the body is preparing for the deep sleep that is about to come.

Deeper stage of sleep (also called slow wave sleep) so we're more difficult to wake up at this stage.

- In a good night's sleep we do this 4 or 5 times!
- Each cycle lasts around 1½ hours and we need to experience all four stages in order to wake up rested.
- We often wake up between sleep cycles but if it doesn't take us long to get back to sleep, it's not a problem!

Top Tips to Take Away...

Routine is important. Try to keep your bedtime and get up time the same every day

Get plenty of fresh air and daylight during the day

Try a 'sleepy food':
yogurt, milk, cheese, bananas, cherries, almonds and non-sugary cereals can help us feel sleepy

Talk through any worries with family or school staff

Try a relaxing activity such as a jigsaw, colouring or reading in the hour before bed

Turn screens off an hour before bed

Turn the lights down low in relaxation time to help the body get ready for sleep

Relaxation Activity

Breathing practice & visualisation

Thank you for joining in with us today!