



Starter: Put a finger down...



Put a finger down...
(5 mins)

Read through the following statements. Put a finger down for each one that applies to you!



If you **play on a tablet or phone** in bed.

If you've been so tired that you've had to **take a nap**.



If you've **ever slept through your alarm** and been late.

If you've ever **fallen asleep at school**.



If you can't sleep without a **toy or teddy**.

If you have ever **stayed up past midnight!**



If you like **a snack before bed**.

If you **share a bedroom** with someone else.



Do you get **enough sleep**?



Please Note:

If you are concerned about anything discussed in this lesson, you can find some useful resources on the last slide.



Why are we talking about this?



This week is **Mental Health Awareness Week!**

The theme this year was going to be **“Sleep”** but due to the Coronavirus, it has been changed to **“Kindness”**.

But did you know that sleep is **extremely important** for your **mental health**?



Being locked down has been **affecting many people’s sleep** – from finding it **harder than usual to fall asleep** to having **strong, powerful dreams** when they do!

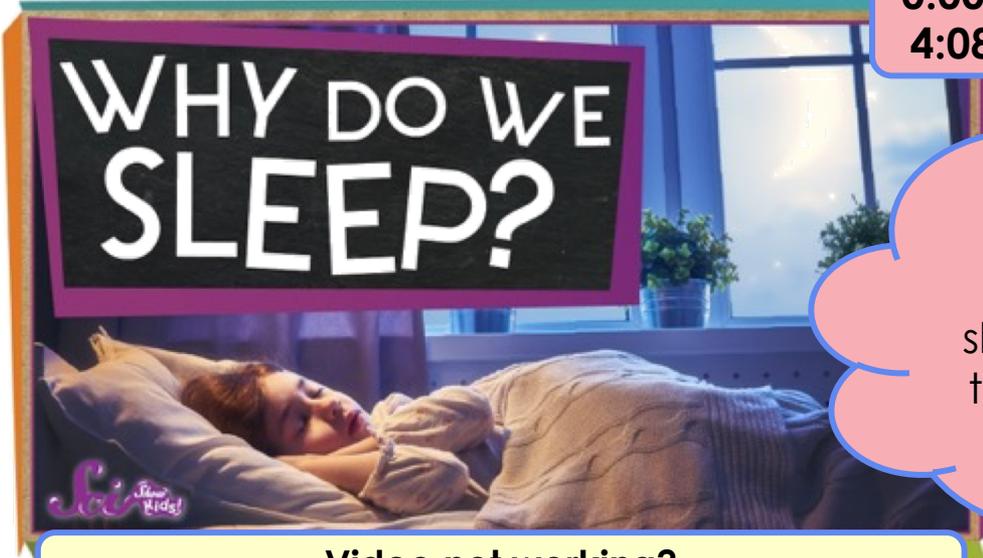
Have you had any strange dreams during lockdown?



Why do we sleep?



0:00-4:08



Watch (5-8 mins)
Click here to watch a video all about why we sleep. Once you've done that, can you answer the questions below?

Video not working?
Try pressing CTRL and clicking at the same time!



What happens to your **breathing and heart rate** while you sleep?



What happens to your **memory** while you sleep?

Are **humans** the only animals to have **dreams**?



Why do **scientists** think that we have **dreams**?



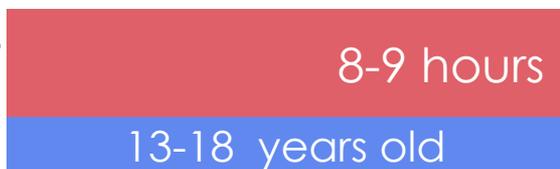
What does **REM Sleep** mean?



What's the **strangest dream** you have ever had?



Why do we sleep?



As sleep is so important, **how much of it do you need?**

Guess (1 min)

Before you find out, take a guess at how much sleep you think you need!

Scientists believe that **you need more sleep when you are younger**. This is because you are still **growing** and your **brain is developing** every day.

In fact, an NHS study found that by going to bed at 2am for just one night affected children's **movement, thinking and concentration skills!**

Challenge:

Work out exactly how much you slept last night. Was it enough?



Doctor, doctor! I'm tired!



I just **can't concentrate!** Every time I go to do my school work I get **distracted**, and afterwards I completely **forget what I've learned.** Help me!

Does this person need more sleep?

Yes! When you are asleep **your brain turns what you have learned into memories**, which is how you remember things. If you don't get enough sleep, it stops this from happening and makes it **much harder to concentrate!**





Doctor, doctor! I'm tired!



Doctor, **I can't stop eating junk food!** All I want is sweets and chocolate, even though **I usually like fruit and vegetables.** What's wrong with me?

Does this person need more sleep?

Yes! When you don't get enough sleep, your body tries to get more energy through food. **"Junk" foods trick your brain into thinking you have more energy, but it doesn't last long** before you want more!





Doctor, doctor! I'm tired!



Hi Doc! I seem to be **very clumsy** at the moment. I tripped up the stairs this morning, and then I dropped a cup on the floor this afternoon. **This is very unlike me.** Can you help?

Does this person need more sleep?

Yes! Not getting enough sleep can affect your coordination, making you clumsy and forgetful. In fact, scientists say that people who do not have enough sleep can start to act like they've drunk alcohol!





Doctor, doctor! I'm tired!



I'm **miserable**. I just **feel sad all the time**. When my brother asks to play I shout at him, and I **can't be bothered** to do my school work either. I just feel **grumpy** and **sad** today.

Does this person need more sleep?

Yes! Not getting enough sleep can affect your moods too, **making you feel sad, angry and even emotional**. The less sleep you have, the worse this feeling can get!





How can I catch more zzz's?



One of the best ways to make sure that you get enough sleep is to **wake up and go to the sleep at the same time every day.**

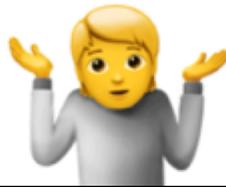
If you do this, your body will get used to the time that you go to sleep and you will find it much **easier to fall asleep and to wake up in the morning!**



Question (1 min)
Would you try this?



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!



How can I catch more zzz's?



Another way of winding down before bed is having a **warm bath** (not hot!) to **help get your temperature just right** for sleep.

If you're already clean, you **could try having a warm drink instead**, like a glass of milk!

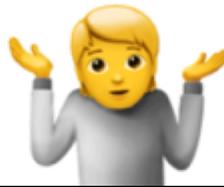


Question (1 min)

Would you try any of these things?



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!



How can I catch more zzz's?



Using a phone or tablet in bed can trick your brain into thinking that it is still day time! The bright lights can make it harder to fall asleep, and even give you headaches.

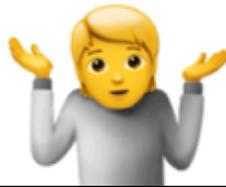
Most people make sure that **they stop using screens at least one hour before they go to sleep.** This helps them to relax and wind down for the day.



Question (1 min)
Would you try this?



This wouldn't work for me!



I'm not sure. It's worth a go!



This would work for me!



How can I catch more zzz's?



Sometimes you might get into bed and **not be able to sleep!** This is frustrating but there's things you can do to **help yourself.**

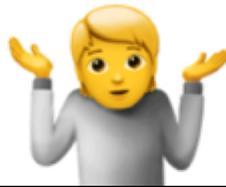
A good idea is to **read a book** in bed, or to **listen to the radio.** This helps distract you while making you feel sleepy!



Question (1 min)
Would you try this?



This wouldn't work for me!



I'm not sure. It's worth a go!

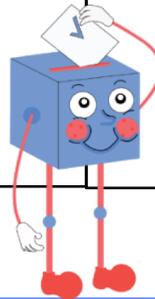


This would work for me!



Do you get **enough sleep**?

Yes	No
<ul style="list-style-type: none">• I know how important sleep is and I always get enough of it.• I used the chart at the beginning of the lesson and found that I get enough sleep.• I already use some of the things talked about in this lesson to help me get to sleep.• My parents help me get enough sleep by making sure I go to bed and wake up at the right time.• ...	<ul style="list-style-type: none">• I often get distracted and stay up late, so I don't get enough sleep.• I used the chart at the beginning of the lesson and found that I don't get enough sleep.• I find it really difficult to fall asleep and need to practise some of the things I learned in this lesson.• I wake up in the night often which stops me from getting enough sleep and makes waking up difficult.• ...





Want to find out more?

Mental Health Awareness Week



Mental Health Foundation



Sleep & sleep disorders



The Brain Charity

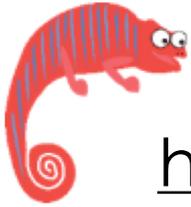


WAKE UP TO SLEEP



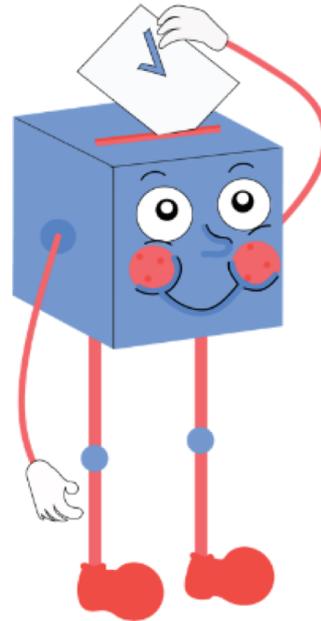
General information





You can vote from home at...

<https://www.surveymonkey.co.uk/r/vfs-primary-sleep>



To have your voice heard!

If you have any issues, feedback or comments, email
amy@votesforschools.com!

