



Sleep Challenge

SLEEP IS SO IMPORTANT!!

Ask the group to write down their answers to the following questions (be honest!). They can keep it private if they prefer or share their answers.

1. What time do you usually fall asleep?
2. How many hours of sleep do you get a night in the week?
3. Do you use a screen right up to bedtime?
4. What is your bedtime routine?

Then discuss – “What makes it hard to go to bed/to sleep?”

Share the Science bit (over the page) with the group.

Give out the sleep Challenge cards and look at them together. Challenge the group to use the cards for the week and to bring them back next week.

The week after ask people to share:

1. Their score
2. What they found hard
3. What they have managed to change

Challenge them to keep it up!

Aims of the Sleep Challenge:

- To create a culture of emotional openness and awareness
- To develop self awareness
- To develop an understanding of the importance of sleep and the impact of lack of sleep
- To learn techniques to promote good sleep
- To encourage the pupils to take responsibility for their own sleep routines

The Science bit.....

- At age 11 your body and brain need 9 and a half hours sleep a night
- Good sleep means increased ability to problem solve, to concentrate, to understand things and improved memory. It also improves physical performance in sport.
- Poor sleep lowers your immunity (you get sick more), affects your physical health in lots of ways (putting on weight, stressing your heart, increasing your blood pressure, affecting your digestion), increases your stress or low mood and stops you being able to reach your full potential in sports and in the classroom. It also affects your ability to relate to your friends.
- The 'Blue' light from screens stops your body from producing the sleep hormone (chemical) melatonin. This means it is harder to go to sleep AND your sleep is poorer quality. Red screen filters help but no screen for an hour before is better.
- You sleep better if your room is quiet, dark and cool and has no electronics in it.