PiXL Endurance

What do you do before you go to sleep each night?

Why is sleep important?

If we don't get enough sleep, we risk reducing our:
- decision-making skills
- memory
- concentration and efficiency
- alertness
- awareness and ability to respond effectively to situations
- reaction and thinking times.

Why is sleep important?

https://www.youtube.com/watch?v=dqONk48l5vY - until 1.50

'Sleep is that golden chain that ties health and our bodies together.'

Thomas Dekker

Why is sleep important?

A recent BBC article referenced research suggesting that today's teenagers average 6-8 hours of screen time a day, not including time spent on a computer doing homework.

How does this compare to the amount of sleep students are getting?

Students your age need around 10 hours sleep in order to perform at your very best and checking mobile, tablet and computer screens late at night can hinder this.

How can we improve our quality of sleep?

- https://www.youtube.com/watch?v=zLwEQhAjHhM - until 1.39

How can we improve our quality of sleep?

- Avoid big changes to your sleep routine, such as lengthy lie-ins on weekends.
- Avoid doing work close to bed time so that your brain can 'wind down'.
- Avoid screens and stressful discussions/activities close to bedtime.
- Create a relaxing pre-bed routine, free from over-stimulation from screens, sugar and caffeine.
- Incorporate exercise into your day, but not too close to bedtime.
- Allow enough time in between dinner and sleep so that you aren't too full and your body won't be busy digesting food.
- Write down any thoughts or concerns to help avoid them 'buzzing' around your head.

How can we 'wind down' before bed?

- Turn phones off!

- Have some alone time, listen to music, read a book (for enjoyment!) or relax doing yoga.

- Get some fresh air by taking a relaxing walk.

- Have a bath.

Reflect on your routines and plan to improve them

- Use pages 21 and 22 of your Prepare to Perform Student Booklet to reflect on your current sleep routine and how you could change this to make your sleep routine more effective and to benefit you.
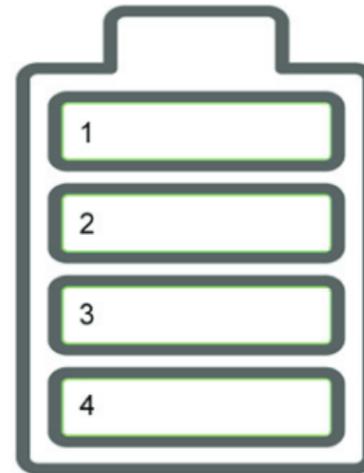
'There is a time for many words, and there is also a time for sleep.'

Homer

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