

Health Champions

Sleep Education Session

Connect for Health visited Birchwood Primary School to meet with the Health Champions, for the fourth health promotion of the academic year.

The Health Champions fourth health and wellbeing topic was sleep. The Health Champions learned about the importance of sleep, how someone might feel if they don't get enough sleep, the stages of sleep, what is a good bedtime routine and bedroom environment and how to track sleep.

The Health Champions created and discussed their own and good bedtime routines, and explained what type of bedroom environment they like and why.

Key takeaway points:

- track your sleep - are you sleeping for the right amount of time?
- do you have a good bedtime routine that means you are relaxed before going to sleep?
- do you have a calm and tidy bedroom environment?
- switch off electrical devices at least an hour before bedtime to allow the hormone melatonin to build up in your body. Melatonin makes you feel tired and drowsy, making it easier to fall asleep.

Health Champions Challenge

Share the important sleep information with the rest of the school.

Why do we need to sleep?

If you are active throughout the day, your body and brain needs time to rest. This rest gives your body a chance to recover and grow. It is important to get enough sleep.

So, how much sleep should you be getting every night?

3 – 5 years old

10 to 13 hours, including naps

6 – 12 years old

9 to 12 hours

13 – 18 years old

8 to 10 hours

What can you do to help you sleep better?

Bedtime routine – do the same thing each time every day. For example:

1. Turn off all screens and dim lights an hour or so before bedtime.
2. Have a shower or bath, put on your pyjamas and brush your teeth.
3. Do a relaxing activity before bed (drawing, colouring, reading, deep breathing).
4. Write down anything on your mind, so that you can forget about it until the morning.

Can you think of anything else that helps you sleep?



Bedroom Environment

Which bedroom would you prefer to sleep in and why?

