



# SLEEP

**SCIENTISTS SAY THAT QUALITY SLEEP IS AS IMPORTANT TO HEALTH AS FOOD AND WATER**

## Side effects of sleep deprivation for students include:

- Memory troubles
- Mood change
- Weakened immunity
- Trouble concentrating

## Whilst asleep the mind and body:

- Consolidate memories
- Process learning and emotions
- Recover physically
- Balance blood sugar levels and metabolism
- Energize immune system
- Detox brain



Have you ever said to your family, 'Why do I have to go to bed so early?'

Have you ever asked, 'Why can't I stay up later?'

There are very good reasons why primary students need to have a bedtime that allows them to get between 8 and 10 hours sleep each night, depending on their age.

Research tells us that primary schoolchildren who do not get a good night's sleep are often tired, grumpy and unable to concentrate at school. While some primary students might enjoy watching television or using mobile phones, tablets and computers past their bedtime, researchers have found that lack of sleep has a drastic effect on health, behaviour and ability to learn at school.

Because the brains of primary schoolchildren are still growing, a good night's sleep helps students to concentrate in class and remember information.

### Here's what one student from Year 6 says about her sleep.

My bedtime is 8.30 pm and Mum wakes me up at 7.30 am in the morning. By the time I read a little bit before going to sleep, I get about 10 hours sleep most nights. This seems to be okay for me. If we go out somewhere and I don't get to bed until later, I feel different at school the next day. I'm not allowed to use the computer after 7 o'clock at night because it seems to make it harder for me to go off to sleep.

## CLASS ACTIVITY

Over 2 weeks of this term record in your planner, how many hours sleep you have each night and take note of your MOOD

How many hours of sleep do you have each night? Write down your bedtime hours.

How does this compare to the other students in your class?

What are the different rules that the students in your class have for bedtime?

