

# The importance of sleep

Lesson 1

## About sleep



# Lesson introduction



## Learning goals

By the end of the lesson, we will:

- Better **understand** the importance of sleep.
- Better **understand** the relationship between sleep and wellbeing.
- Be able to **identify** other aspects of our lives that sleep can influence.

## Wellbeing indicators

 **RESPONSIBLE**

 **CONNECTED**

 **AWARE**

 **RESILIENT**

 **RESPECTED**

# Lesson introduction



## The importance of sleep – short video



# Discussion



- **So, what do we think, is sleep important?**
- **Why is it important?**
- **Are there more reasons why than the ones mentioned in the video?**

# Some reasons why sleep is important



## So why is sleep so important?

### Learning

Retaining information

Memory consolidation

Problem solving

Reasoning

Recall & creativity

### Emotional wellbeing

Regulating mood and emotions

Anger and irritation

Ability to cope

Self confidence and self-esteem

Stress

### Physical wellbeing

Growth

Builds muscle mass and strength

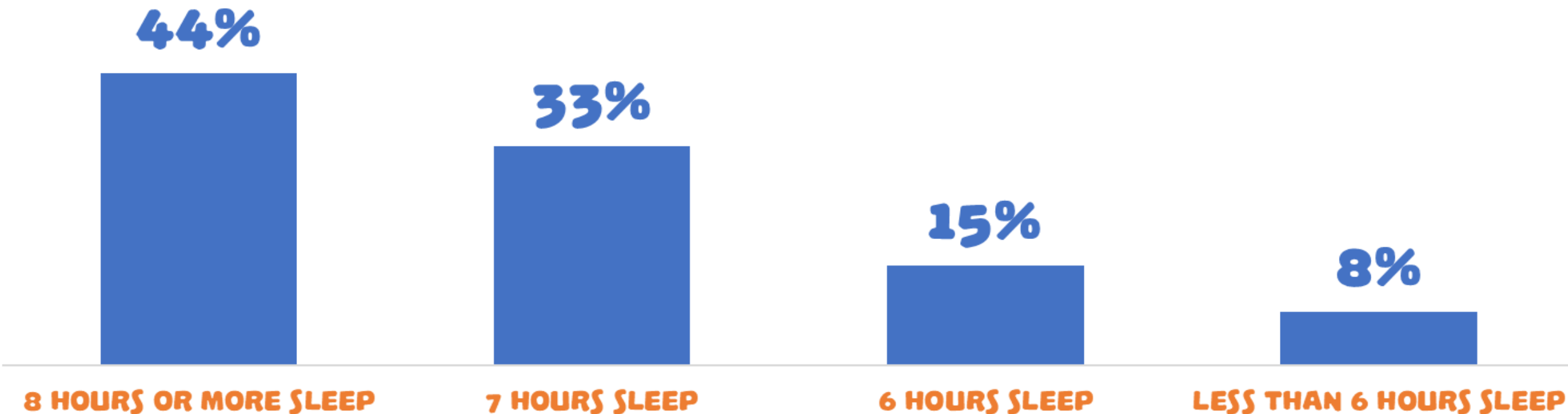
Strengthens our immune system

Weight regulation

Promotes healing and cell repair

# HOW MUCH SLEEP ARE TEENS GETTING?

4,339 15 AND 16 YEAR OLDS IN ROSCOMMON, MAYO AND GALWAY



# SLEEP AND MENTAL HEALTH

PERCENTAGE OF STUDENTS THAT REPORTED GOOD OR VERY GOOD MENTAL HEALTH



64%



8 HOURS OR MORE SLEEP

53%



7 HOURS SLEEP

36%



6 HOURS SLEEP

22%



LESS THAN 6 HOURS SLEEP

# SLEEP AND PHYSICAL HEALTH

PERCENTAGE OF STUDENTS THAT REPORTED GOOD OR VERY GOOD PHYSICAL HEALTH



75%



8 HOURS OR MORE SLEEP

68%



7 HOURS SLEEP

57%



6 HOURS SLEEP

42%



LESS THAN 6 HOURS SLEEP

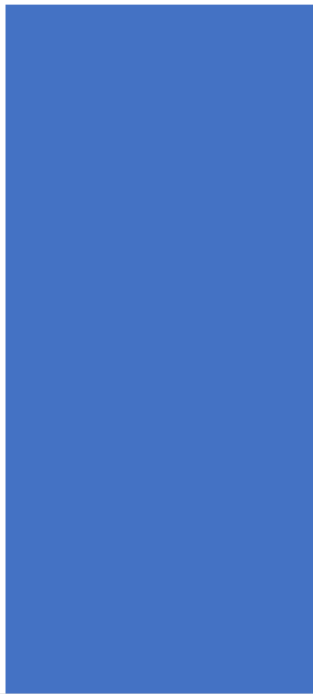


# SLEEP AND WELLBEING

PERCENTAGE OF STUDENTS THAT REPORT HIGH WELLBEING SCORES



65%



8 HOURS OR MORE SLEEP

56%



7 HOURS SLEEP

44%



6 HOURS SLEEP

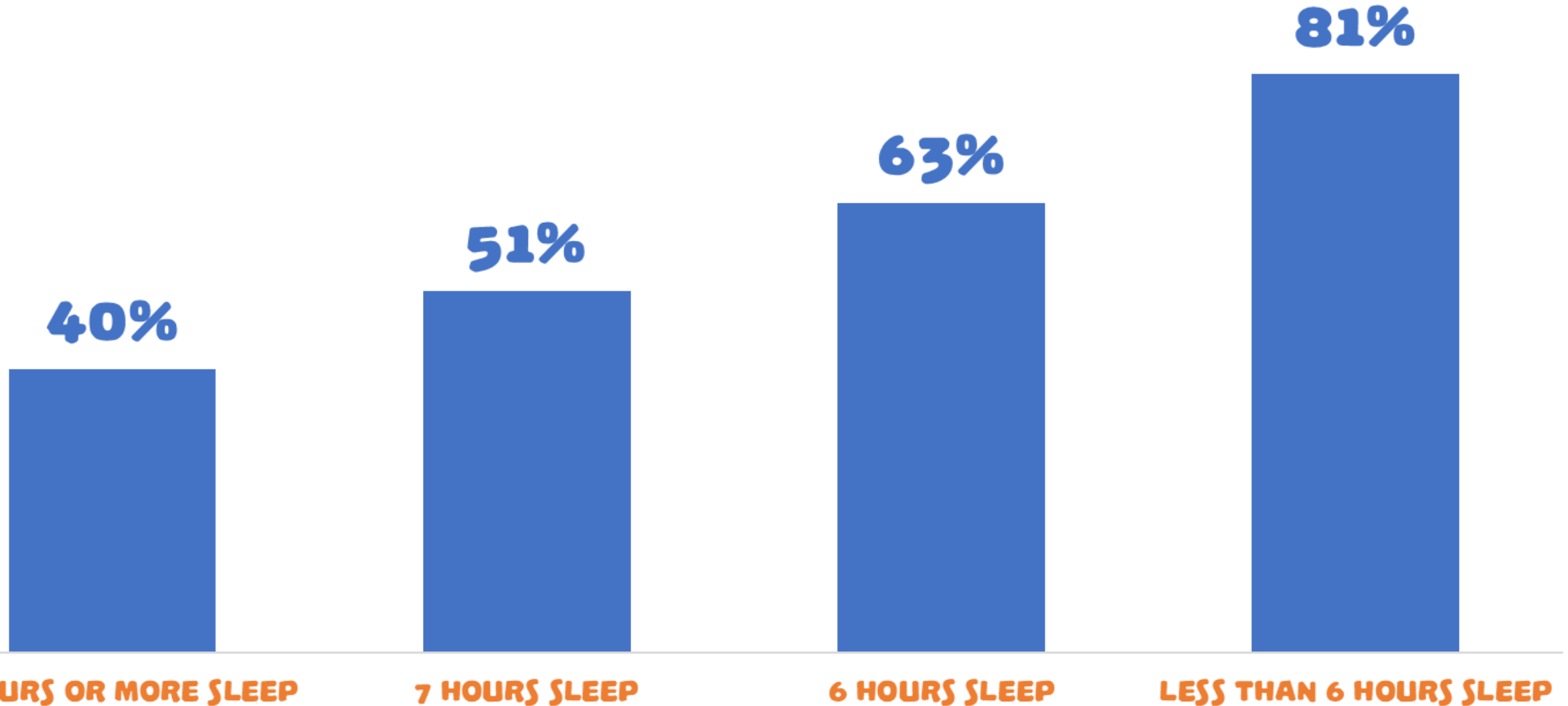
24%



LESS THAN 6 HOURS SLEEP

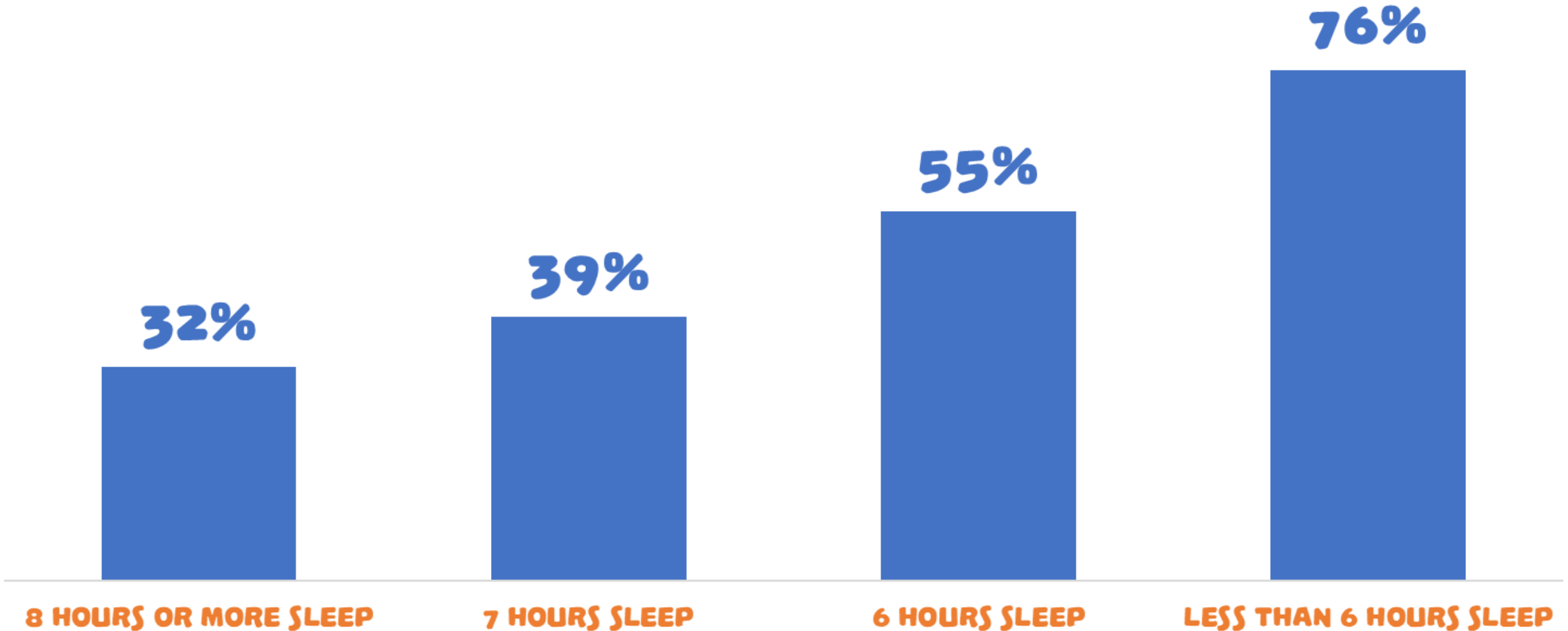
# SLEEP AND STRESS

PERCENTAGE OF STUDENTS THAT REPORT HIGH STRESS SCORES



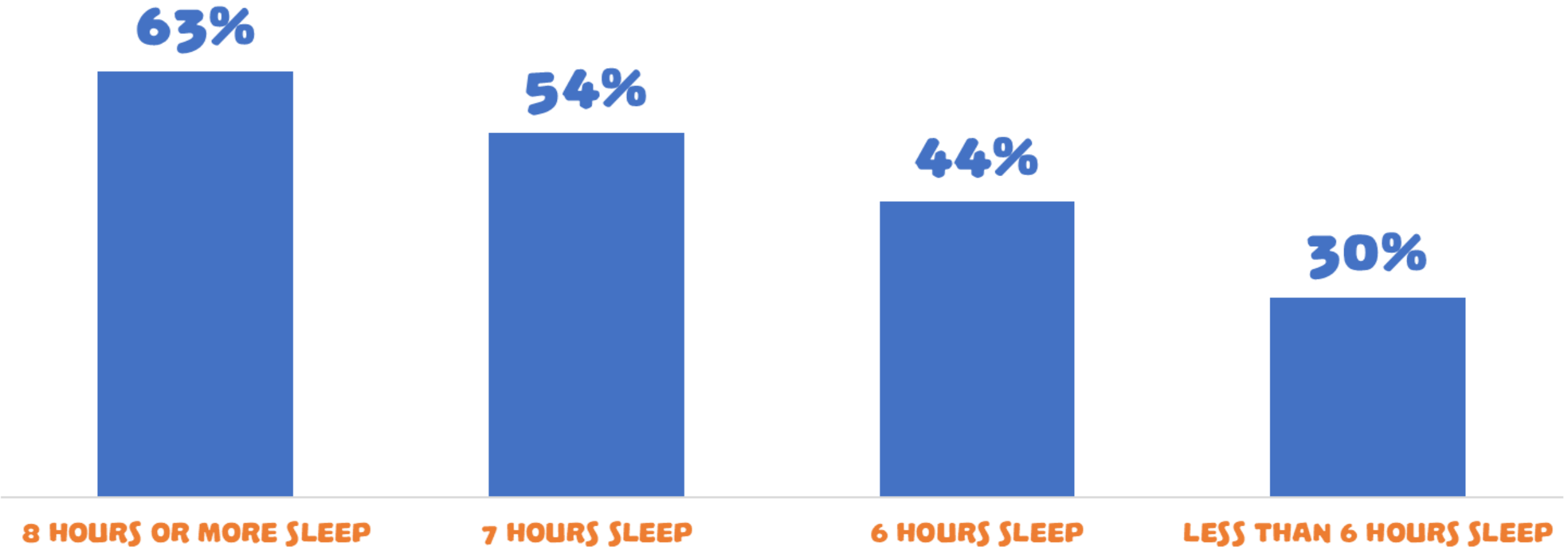
# SLEEP AND SELF ESTEEM

PERCENTAGE OF STUDENTS THAT REPORT LOW SELF-ESTEEM SCORES



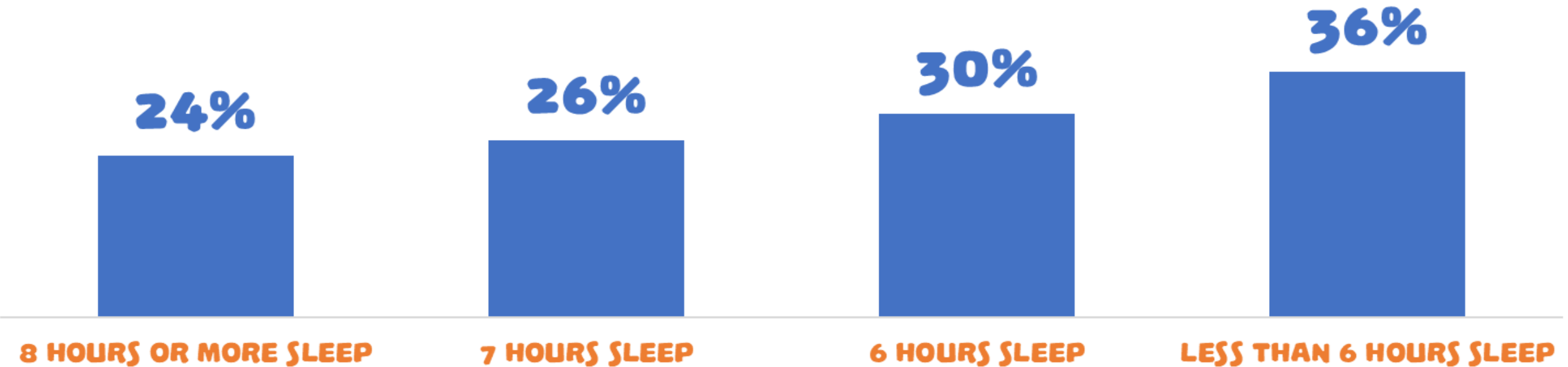
# SLEEP AND SCHOOL ENGAGEMENT

## PERCENTAGE OF STUDENTS THAT REPORT HIGH SCHOOL ENGAGEMENT SCORES



# SLEEP AND SCHOOLWORK

PERCENTAGE OF STUDENTS THAT REPORTED FINDING SCHOOLWORK HARD



# Diamond 9 exercise



## Why do you think sleep is important?

- List some reasons why you think sleep is important
- Try to come up with nine
- Put your most important one at the top and your least important at the bottom

ABOUT SLEEP

DIAMOND 9 EXERCISE

LIST SOME REASONS WHY YOU THINK SLEEP IS IMPORTANT

1 ← THE MOST IMPORTANT ONE

2

3

4

5

← THE LEAST IMPORTANT ONE

THE IMPORTANCE OF SLEEP

VERSION 1 2023

The worksheet features a large diamond shape composed of nine smaller diamonds. The top diamond is labeled '1' and 'THE MOST IMPORTANT ONE'. The diamonds are arranged in a 3x3 grid. The bottom diamond is labeled '5' and 'THE LEAST IMPORTANT ONE'. The other diamonds are labeled '2', '3', and '4' from top to bottom. The worksheet is titled 'ABOUT SLEEP' and 'DIAMOND 9 EXERCISE'. It asks the user to 'LIST SOME REASONS WHY YOU THINK SLEEP IS IMPORTANT'. At the bottom, it says 'THE IMPORTANCE OF SLEEP' and 'VERSION 1 2023'.

# Lesson review and 3-2-1 exercise



## Learning Goals

At the end of the lesson, I now:

- Better **understand** the importance of sleep.
- Better **understand** the relationship between sleep and wellbeing.
- Am able to **identify** other aspects of my life that sleep can influence.

## 3-2-1

- **Three** things I learned today.
- **Two** Things I found interesting?
- **One** question I still have?

# Homework – Sleep questionnaire



SLEEP QUESTIONNAIRE	
What time do you usually go to bed on a school night?	<input type="checkbox"/> 21:30 <input type="checkbox"/> 22:00 <input type="checkbox"/> 22:30 <input type="checkbox"/> 23:00 <input type="checkbox"/> 23:30 <input type="checkbox"/> 00:00 <input type="checkbox"/> After Midnight
How long does it usually take you to fall asleep once you are in bed?	<input type="checkbox"/> Less than 15 min <input type="checkbox"/> 15-30 min <input type="checkbox"/> 31-45 min <input type="checkbox"/> 46-60 min <input type="checkbox"/> More than an hour
So what time do you usually get to sleep on a school night?	
What time do you usually get up on a school day?	<input type="checkbox"/> Before 06:30 <input type="checkbox"/> 06:30 <input type="checkbox"/> 06:45 <input type="checkbox"/> 07:00 <input type="checkbox"/> 07:15 <input type="checkbox"/> 07:30 <input type="checkbox"/> 07:45 <input type="checkbox"/> 08:00
So how many hours of sleep do you usually get on a school night?	
How would you rate your quality of sleep?	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very good
How often do you feel sleepy in the daytime?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
How many nights a week do you think you get poor sleep?	<input type="checkbox"/> 0 nights <input type="checkbox"/> 1 night <input type="checkbox"/> 2 nights <input type="checkbox"/> 3 nights <input type="checkbox"/> 4 nights <input type="checkbox"/> 5 nights <input type="checkbox"/> 6 nights <input type="checkbox"/> 7 nights
Which of the following activities do you usually do in the hour before you go to sleep? (You can tick more than one)	<input type="checkbox"/> Have something to eat <input type="checkbox"/> Play games on a screen <input type="checkbox"/> Have something to drink <input type="checkbox"/> Use your phone for watching videos <input type="checkbox"/> Use your phone for social media <input type="checkbox"/> Do schoolwork <input type="checkbox"/> Read a book <input type="checkbox"/> Do some exercise <input type="checkbox"/> Relax or meditate <input type="checkbox"/> Watch TV <input type="checkbox"/> Talk to friends <input type="checkbox"/> Bath or shower <input type="checkbox"/> Other _____