

The importance of sleep

Lesson 3

Improving my sleep



Lesson introduction



Learning goals

By the end of the lesson, we will:

- Better **understand** our sleep routine and sleep hygiene
- Be able to **identify** how my sleep can be improved
- Be **aware** of new relaxation techniques

Wellbeing indicators

 **RESPONSIBLE**

 **CONNECTED**

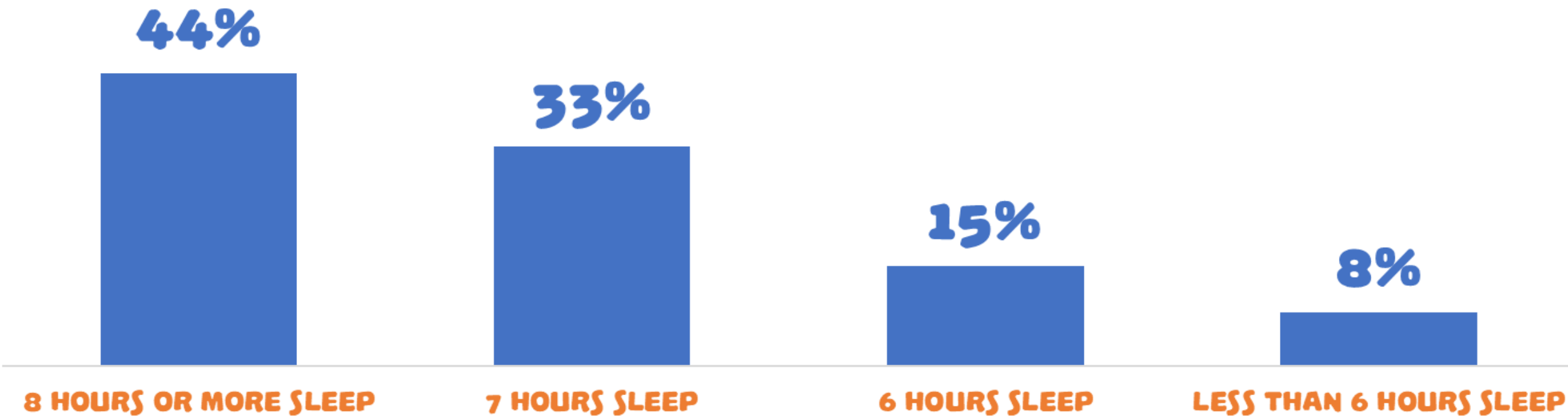
 **AWARE**

 **RESILIENT**

 **RESPECTED**

HOW MUCH SLEEP ARE TEENS GETTING?

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



Sleep diary worksheet



Sleep diary – Keep track of your sleep for a week

Fill in the sheet every morning

| Record the day of the week below: | Last night I went to bed at: (Record the time below) | Last night, I fell asleep at: (Record the time below) | This morning I got out of bed at: (Record the time below) | Last night I slept a total of: (Record the number of hours) | I woke up during the night: (Record number of times) | When I woke up for the day, I felt: (Tick one) | My sleep was disturbed by: (List any mental, emotional, physical or environmental factors that affected your sleep, e.g. stress, snoring, physical discomfort, temperature, phone beeping) | About 1 hour before going to sleep, I did the following activity: (List activity; e.g. watched TV, did schoolwork, read a book, ate some food, drank something, used a phone or screen.) |
|-----------------------------------|---------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |
| Day 2 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |
| Day 3 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |
| Day 4 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |
| Day 5 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |
| Day 6 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |
| Day 7 Day _____ | _____ | _____ | _____ | _____ Hours | _____ Times | <input type="checkbox"/> Refreshed <input type="checkbox"/> A bit refreshed <input type="checkbox"/> A bit tired <input type="checkbox"/> Very tired | _____ _____ _____ | _____ _____ _____ |

Lesson introduction



Improving sleep – short video



Discussion



- **So, what do we think of the video, can we do things to improve our sleep?**
- **Are there more ways than the ones mentioned in the video?**

Diamond 9 group exercise



Ways to improve our sleep

- Come up with some ideas about ways that sleep can be improved
- Try to come up with nine
- Put your most important at the top and your least important at the bottom

HOW CAN I IMPROVE MY SLEEP? DIAMOND 9 EXERCISE

LIST SOME WAYS THAT YOU THINK SLEEP CAN BE IMPROVED

1 ← THE MOST IMPORTANT ONE

2

3

4

5

← THE LEAST IMPORTANT ONE

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Sleep Hygiene



What is sleep hygiene?

The term sleep hygiene really refers to having good habits and behaviours related to your sleep routine.

Having good sleep hygiene should lead to you having an easier time falling asleep and having longer and better-quality sleep throughout the night.

Healthy Sleep Hygiene Guidelines



1. **Prioritise your sleep and dedicate enough time for it.**
2. **Go to bed and wake up at the same times each day.**
3. **Create a dark, cool, and quiet bedroom environment.**
4. **Avoid bright lights or screens, especially around bedtime.**
5. **Ideally, keep screens out of the bedroom altogether, particularly after lights out.**
6. **Have a regular bedtime routine that includes relaxing activities.**
7. **Don't have tea, coffee, or energy drinks late in the day, and avoid heavy meals close to bedtime.**
8. **Try to get some exercise every day.**
9. **Expose yourself to natural sunlight early in the day, ideally before 10am.**
10. **Don't have any naps after 3pm.**

Other things to think about



Managing your stress. Stress is a normal reaction to difficult experiences but high levels of stress, or stress left unaddressed it can significantly interfere with your sleep. Finding ways to manage your stress will make it easier for you to sleep at night.

Managing your time. Effective use of your time will free up the opportunity to get loads more sleep. Good time management skills can be learnt and are an asset in most areas of your life.

Good Routines



Routines really do matter.

Research shows that people who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep, sleep longer, and wake up less during the night. A consistent routine also helps train your brain that it's time to get ready for bed.

Routines are different for everyone, so decide on your own, just remember that good sleep routines start well before lights-out.

In fact, we can have wind-down routines, bedtime routines, and morning routines that will each help us get more sleep.

Example of a wind-down routine



Starts 60 minutes before bedtime.

- Turn off the overhead lights in the house or in your room, turn on lamps instead.
- Have a last check-in on your phone and put it on charge in the kitchen or hallway.
- Get your bag sorted for the morning.
- Take a shower or bath.
- Make a bowl of cereal.
- Do some nighttime skin care.
- Check in with the family or watch an episode of TV with them.
- Listen to some relaxing music.

Example of a bedtime routine



Starts 15-30 minutes before bedtime.

- Brush your teeth
- Change into pj's
- Write in a journal
- Set your manual alarm clock
- Read a book in bed (sleep-friendly book light, not a ceiling light)
- Listen to a calming podcast, audio book or meditation. (you can set a timer)
- Lights out (get rid of every single bit of light from your room you possibly can)

Sleeping problems



If...

- You're having trouble falling or staying asleep at least three nights per week
- You regularly wake up feeling unrested
- Your daytime activities are affected by tiredness or poor mental alertness
- You often need to take a nap to get through the day
- Lack of sleep is affecting your physical or mental wellbeing

...then you really need to take action to prioritise your sleep more. If the problem then persists, in spite of your efforts, be sure to talk to a parent or trusted adult about it, and together you can decide on next steps.

Relaxing and meditating



Some ways to relax and de-stress before bed or in bed

- **Guided and imagery meditation**
- **Breathing techniques**
- **Body-scan meditation**
- **Mindfulness meditation**
- **Journalling – write down your thoughts or worries**

Sleep Plan Handout



HOW DO I IMPROVE MY SLEEP?

HEALTHY GUIDELINES HANDOUT

HEALTHY SLEEP HYGIENE GUIDELINES

1. PRIORITYSE YOUR SLEEP AND DEDICATE ENOUGH TIME FOR IT.
2. GO TO BED AND WAKE UP AT THE SAME TIMES EACH DAY.
3. CREATE A DARK, COOL, AND QUIET BEDROOM ENVIRONMENT.
4. AVOID BRIGHT LIGHTS OR SCREENS, ESPECIALLY AROUND BEDTIME.
5. IDEALLY, KEEP SCREENS OUT OF THE BEDROOM ALTOGETHER, PARTICULARLY AFTER LIGHTS OUT.
6. HAVE A REGULAR BEDTIME ROUTINE THAT INCLUDES RELAXING ACTIVITIES.
7. DON'T HAVE TEA, COFFEE, OR ENERGY DRINKS LATE IN THE DAY, AND AVOID HEAVY MEALS CLOSE TO BEDTIME.
8. TRY TO GET SOME EXERCISE EVERY DAY.
9. EXPOSE YOURSELF TO NATURAL SUNLIGHT EARLY IN THE DAY, IDEALLY BEFORE 10AM.
10. DON'T HAVE ANY NAPS AFTER 3PM.

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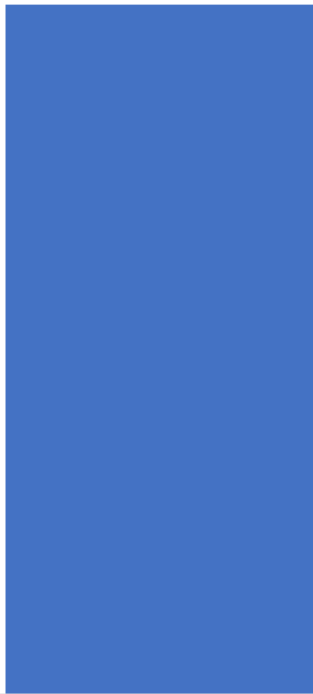
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SLEEP AND WELLBEING

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

A quote to finish on



“The thing I prioritise above everything else is sleep”

“It's the best way for your body to physically and emotionally recover and get back to 100%”



LeBron James

Lesson review and 3-2-1 exercise



Learning Goals

At the end of the lesson, I now:

- Better **understand** my sleep routine and sleep hygiene
- Am able to **identify** how my sleep can be improved
- Am **aware** of new relaxation techniques

3-2-1

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