

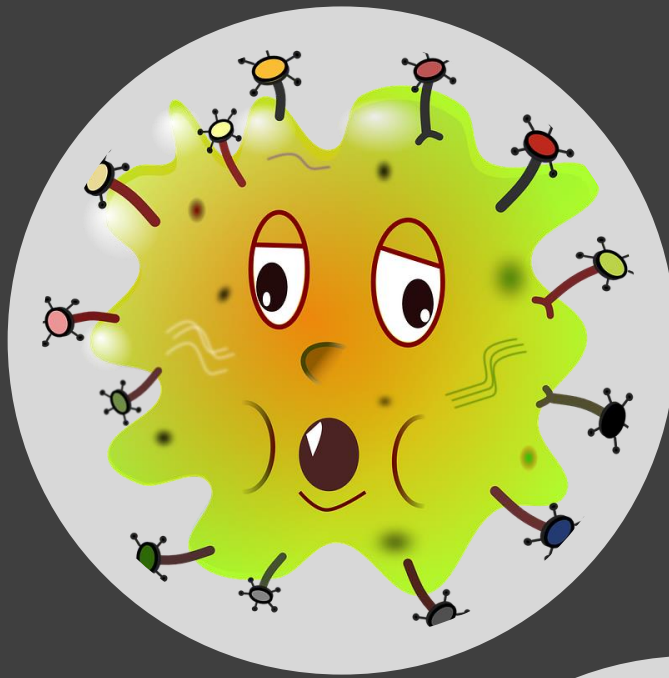


# Sleep

Can you guess how many hours  
a kitten sleeps each day?

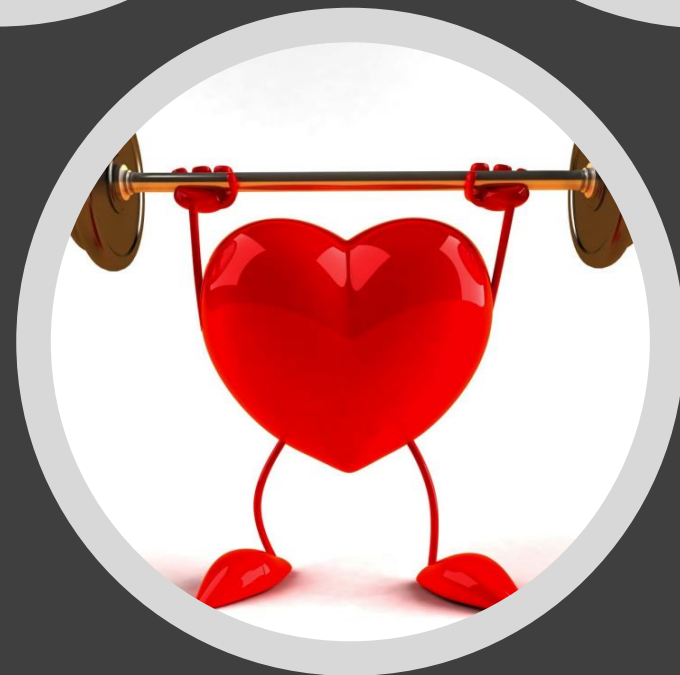
Most kittens sleep for about 18 hours each day! That's three quarters of the day!

- How about you? Work out how many hours YOU usually sleep each day and write it down on a piece of paper.
- Great Ormond St Hospital recommend that:
  - Children in Primary should sleep for.....9-12 hours
  - Children in Secondary should sleep for 8-10 hours
- Not everyone follows the exact same pattern but it's really important we all get our sleep

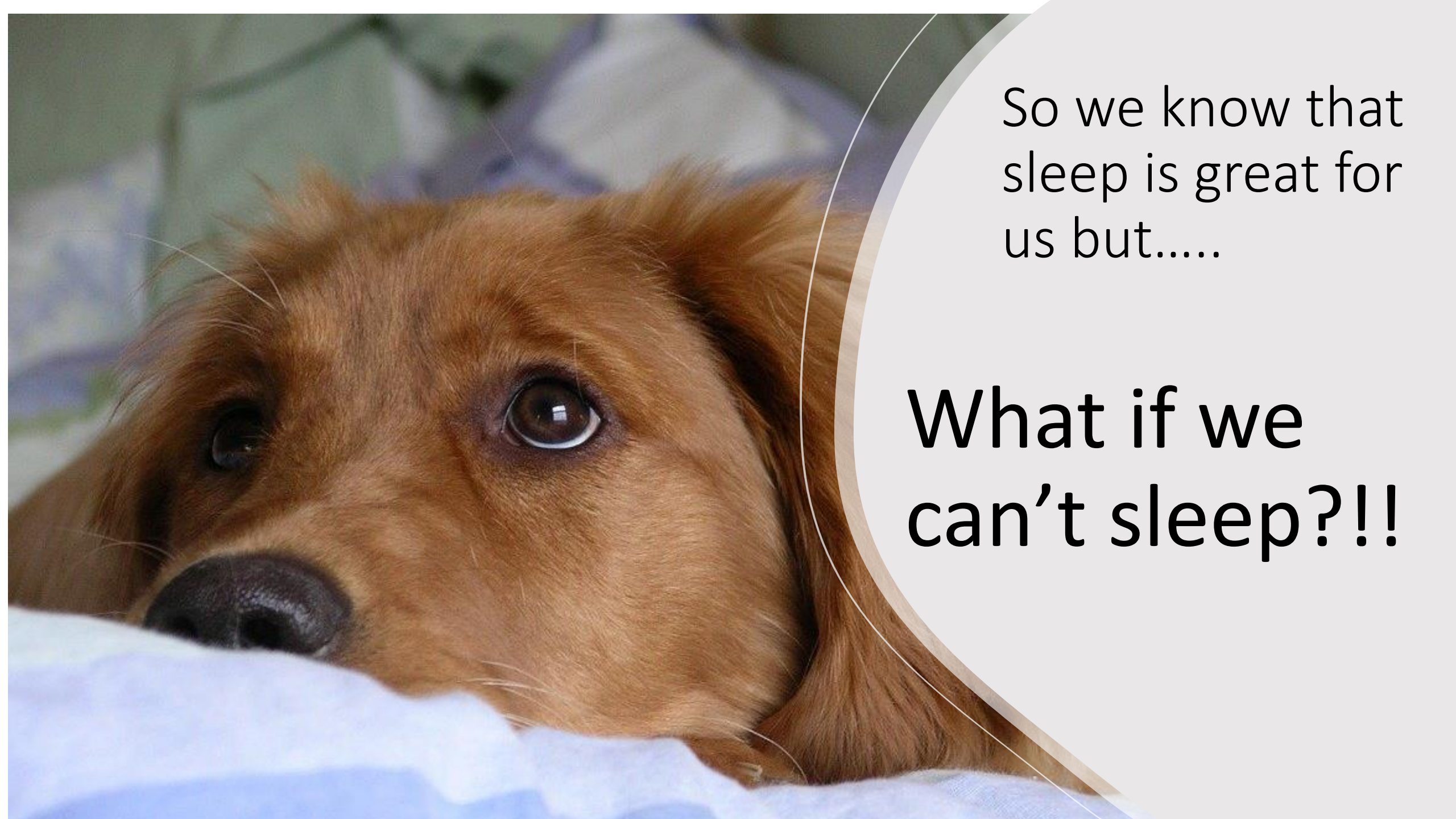


## Why is sleep important?

- Can you guess from these pictures?
- 1. Sleep promotes growth.
- 2. Sleep helps the heart.
- 3. Sleep helps beat germs.
- 4. Sleep reduces injury risk.
- 5. Sleep increases attention span.
- 6. Sleep boosts learning.







So we know that  
sleep is great for  
us but.....

**What if we  
can't sleep?!!**





# What keeps you awake at night?

- Talk to your partner or grown-up about the things that stop you getting to sleep or keep you awake at night. You can write or draw your answers.

# HEAL

- **Health** – eat well, drink water and get fresh air to keep those sniffles away and to help you feel good inside your mind too. Worries and feeling low can often keep us awake. Speak to your doctor or teacher if your are finding this hard.
- **Environment** – your bedroom! Make sure it feels calm and tidy, take away those distractions like screens before bed. Check it's not too warm and try and keep noise down and the light out (you might like an eye mask).
- **Attitude** – when it's hard to get to sleep sometimes we can lie awake worrying. Try to do your belly breathing or listen to the muscle relaxation coming up.
- **Lifestyle** – exercise during the day can help with sleep also taking care not too eat too much sugar or caffeine before bed. Try something oaty or some warm milk. A bath before bed and the same night time routine can help a lot!

**HEAL** : How could you improve your sleep? Think about each area – what could you do?  
Chat to your partner or your grown up and write a plan...

- **Health**
- **Environment**
- **Attitude**
- **Lifestyle**



Time to lie down, snuggle up and listen here to a relaxation that might help you sleep like these guys...

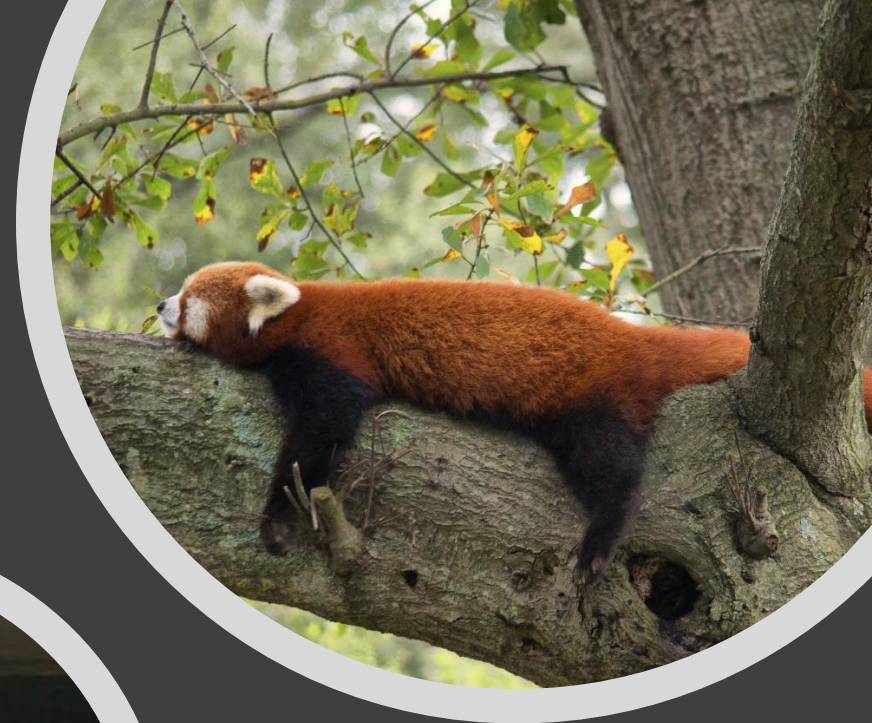






Photo time!

I would LOVE to see a photo of your pet asleep, or of you asleep, or of your teddy bear tucked up in bed....or you relaxing with your pet, or your teddy or your grown up or your sibling....you get the picture!

Send me your photos on dojo.

I'd love to see them

Sleep well – Mrs Eccles x

P.S. If you are still having trouble sleeping, do get in touch...

