

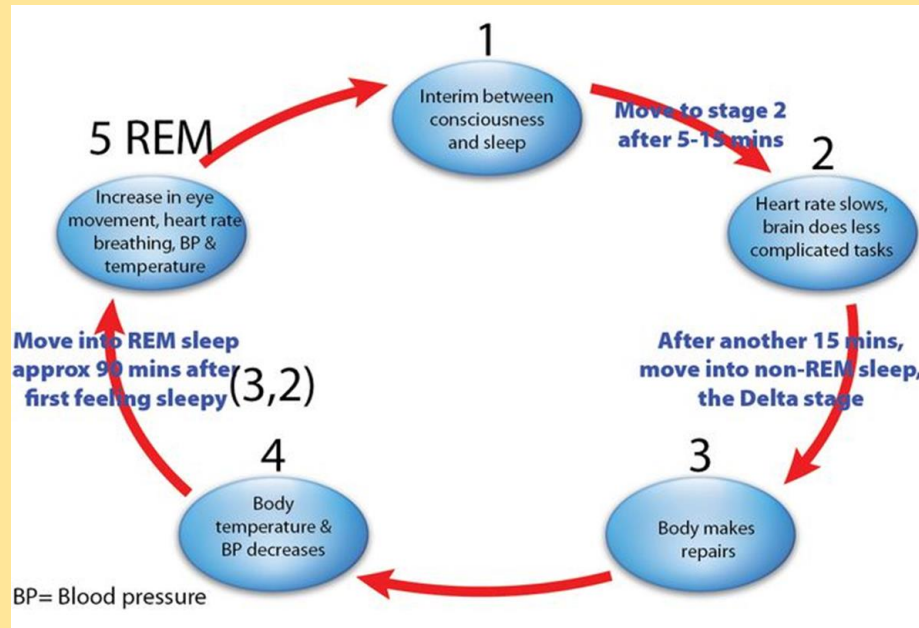
SLEEP IS FOOD FOR THE BRAIN



DID YOU KNOW-

A Healthy lifestyle needs a balanced diet, exercise and quality sleep.

How much sleep do I need?



9 hours
each night

- Unfortunately, according to the National Sleep Foundation, *less than 15 percent of teenagers get at least 8 1/2 hours of sleep each night, while the recommended amount is 9 hours.*

Why does sleep matter?

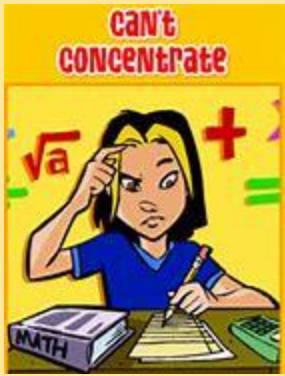
Your Brain Needs Sleep, so you can:

- Remember what you learn- sorts and stores information. Removes unnecessary information.
- Perform normal mental functioning
- Pay attention and concentrate
- Solve problems and think of new ideas
- LEARN!! a study in the "Journal of Sleep Research and Sleep Medicine" found that teenagers who were deprived of sleep at night performed significantly worse on tests

Your Body Needs Sleep, so your:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness
- Chemicals like neurotransmitters can be replaced.
- Hormones can be produced.
- Body fat regulation system works!!
During sleep, important appetite-regulating hormones such as leptin are produced, and these hormones can become deficient with lack of sleep.

CONSEQUENCES OF LACK OF SLEEP:



Lack of concentration and listening



Problem solving issues



Memory difficulties



Poor test and exam results



Skin problems



Childhood Obesity
Educate Our Youth!

Weight gain



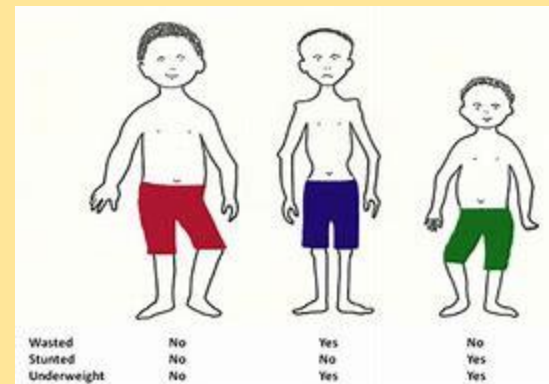
Heightened stress levels



Weak Immune system



Poor emotional responses

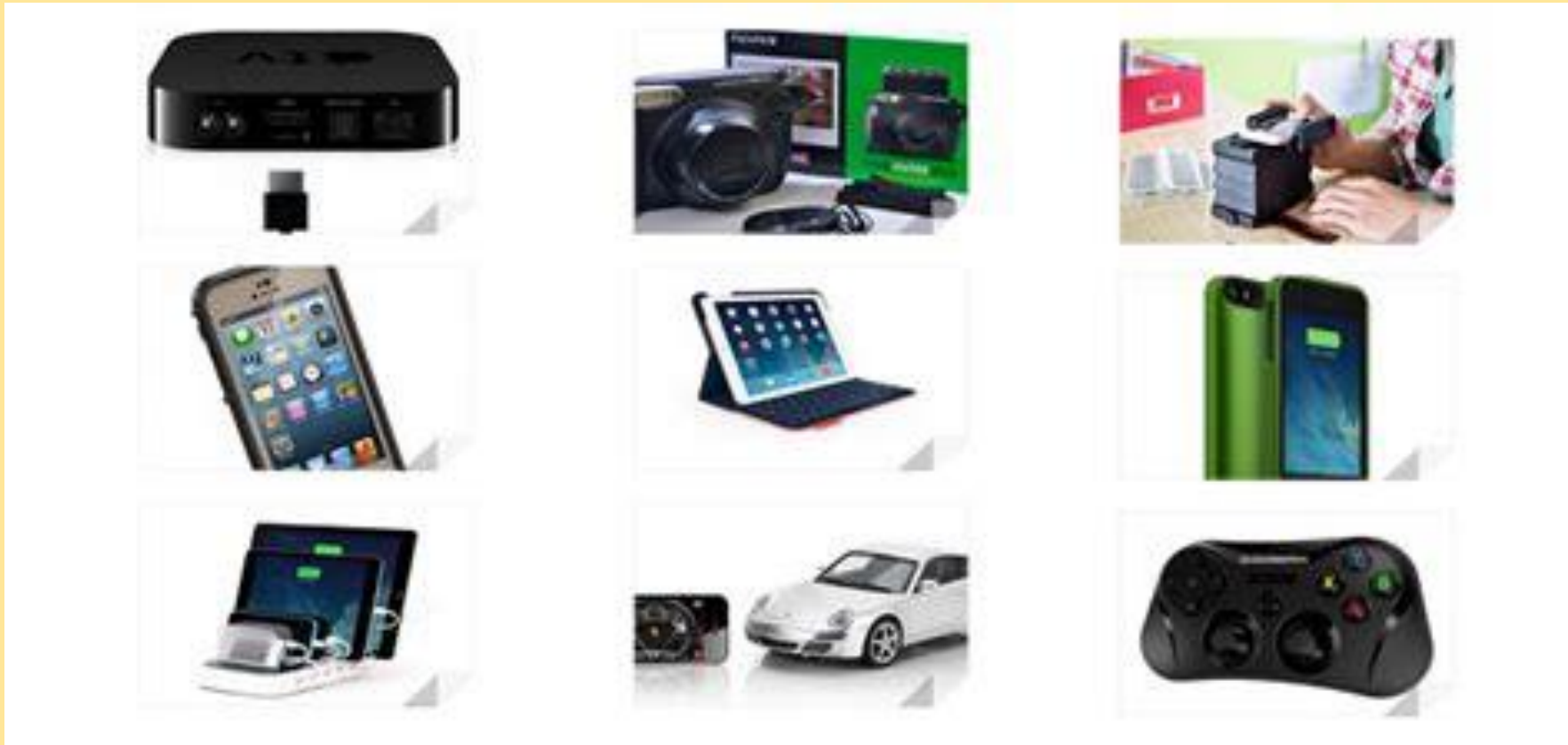


Growth problems



Clumsy or slow responses

BUT- our lifestyles are interfering with this vital function...



Healthy Sleep Habits.

1. Get up and go to bed at similar times each day.
2. Have a bedtime routine.
3. Keep active in the day time.
4. No Caffeine/ energy drinks after 4pm
5. Have 30 mins of down time just before bed
6. Tech free bedtime!!
7. Your bed is for sleeping...
8. Keep things dark.
9. Not too hot.
10. Don't have mega lie-ins at the weekend.



CONSEQUENCES OF LACK OF SLEEP:

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework etc.
- Make you more prone to spots. Lack of sleep can contribute to acne and other skin conditions.
- Link to obesity .
- Mean you get colds more often as it weakens your immune system.
- Cause heightened stress levels.
- Cause irrational emotional responses as you cant think clearly.
- Lead to lower exam results.
- Stop you from growing properly.
- Make you clumsy and reduce your response times.

