

Adequate sleep not only solidifies academic and physical learning from the day before, it also enhances physical performance in athletes and leads to greater 'bounce-back' from wear, tear, and injury

SLEEP HABITS



HOURS PER NIGHT

BABIES

19

LIONS

18

ADULTS

8

Brown bats sleep 19 hours a day!

Elephants only sleep 4 hours a day!

Longest time without sleep? Over 11 days!

Regular 'Short sleeping' (less than 7 hrs) has huge impact on the mental and physical health of humans, including increased threat of diabetes, heart attack, cancer, and auto-immune conditions.



Sleep deprivation is a torture banned since the 1949 Geneva Convention.

Chronic short sleeping in children leads to symptoms almost IDENTICAL to ADHD.

TOP 10 SLEEP TIPS

Stick to regular patterns of sleep and waking
7 days per week

Hide the clocks

Watching time tick away can cause anxiety we aren't even aware of. Avoid time-checking.

Keep the bedroom as uncluttered dark, and cool (18C)

Make a calm place to be and sleep. If you have to work in your bedroom, try to finish at least an hour before you go to bed and put all your work stuff away!

Invest in comfort

A new mattress or bed can make ALL the difference. Spend time in store, trying out different mattresses. Lie there for 10 mins or so. Get comfy. If you share a bed, you can now get "split mattresses"!

Let natural light in

A open the curtains as soon as you wake and get out into the sunlight as soon as you can in the morning (this will help regulate your sleep/wake hormones)

Avoid caffeine later in the day

It can easily stay in the system for up to 8 hours, so try to make mid-afternoon your cut-off for tea/coffee and even hot chocolate (which contains caffeine!)

Avoid heavy meals for a couple of hours before bed

Being 'full' will interfere with sleep quality. A light snack is fine – don't go to bed hungry. High-tryptophan foods like oats, bananas and wholemeal bread help set the body up for sleep.

If your head is full of things which keep you awake

Write them down, earlier in the evening, to help settle your mind. If you wake up and can't get back to sleep get up and do something relaxing – mindful activity, meditation, read a book, etc. (NOT on a screen).

Give yourself some screen-free, wind-down time at least half-an-hour before bed

This will give your body the cues it needs to up its production of melatonin (the sleep hormone) and prepare your brain and body for sleep.

Exercise every day

It doesn't have to be hard exercise, a walk for half an hour will help the quality of your sleep. If you choose higher intensity exercise, then try to leave 2 hours or more between it and bed.