

Wellbeing tip – number 5

Get enough sleep

In Tip 4 we were thinking about the importance of resting and being still. There is lots of scientific research which has been done on the subject of sleep. Research has shown that sleep helps us to recover from physical and mental effort, allowing the body to repair itself while we sleep. Research has also found that sleep reduces stress, makes you more alert and that the brain processes your day while you are asleep. Without the usual structure of school life, it will be tempting to sleep longer than you need to. You may also get into the habit of being up through the night and sleeping longer during the day. These are sleep patterns you should try to avoid if at all possible. By all means get up later than usual as you are saving time by not traveling but decide what the latest time to get up is, set your alarm and get up no later than at that time every day. Sleep is most effective when it is uninterrupted. If your friends are messaging you in the night and you are waking up to respond to them or not sleeping deeply in case someone messages you, the quality of your sleep will be significantly affected and this in turn will potentially affect your mental wellbeing. If you are using your phone as an alarm, put your phone on airplane mode so that your sleep is not interrupted by calls and messages.



The pro-sleep schedule

How to shape your schedule to be the most sleep-friendly possible.

[Introduction](#)

[Define your 'sleep window'](#)

[Build a wind down routine](#)

[Get up if you can't sleep](#)

Read guide

<https://www.sleepio.com/articles/pro-sleep-schedule/>



Your racing mind

Your introduction to the racing mind and some approaches you can take to overcome it.

[Introduction](#)

[Challenge your thoughts](#)

[Take a mindful approach](#)

[The thought locker](#)

Read guide

<https://www.sleepio.com/articles/racing-mind/>

These two short guides contain some great tips and advice on how to establish good sleep patterns and what to do if you find you can't sleep. You could add reading these articles to your 'Keep busy' task list which we mentioned yesterday. Make some notes on any tips that you most relate to. You could make your favourite top tips into a poster. I would love to know how you get on with this.

TAKE NOTES



How I sleep

Sleep is vital for our overall wellbeing, on average we should sleep for over a third of our lifetime! It helps with growth, brain function and mood and you should aim for 10-11 hours of sleep every night.

Think about the quality of your sleep and ways you could improve this. Was there a reason you didn't sleep as well as you could have? Are there things you could do like reading, turning off screens earlier, relaxation exercises or writing down your thoughts or 'to do' list on a notepad next to your bed?

Did you know...

Good sleep can help us grow and become stronger as it increases the release of important growth hormones.



Complete this sleep diary for a whole week. How many hours of sleep did you get this week? How can you improve on the quality of your sleep for next week?

Day	Time I went to bed	Time I woke up	Total hours slept
Total hours slept this week:			

COVID-19 (coronavirus) - For the latest updates [please click here](#).

Kids' Wellbeing

Keep happy, healthy & active at home by exploring new ways to eat well, move well, sleep well and feel well.

Download our challenges and activities and get started today



How I sleep

Try three new ways to help you relax and recommend them to others. This could be meditation, mindfulness, yoga, progressive muscular relaxation (tense a muscle and hold for five seconds, work through the body from head to toe), tai chi or deep breathing for example. Find an app to learn a relaxation exercise but remember not to use your phone in bed!



Which new relaxation activities did you try and how did they make you feel? Which one worked best for you?



How I sleep

Spend time to rearrange your bedroom to de-clutter and make the best environment you can in order to play, exercise and sleep well.

Which items did you tidy up or what did you change in your room? Did you sleep better after doing this?



Remember the Kids' Wellbeing challenges from Wellbeing Tip 1? They contain some great templates for working out how to get the best possible sleep.

https://www.nuffieldhealth.com/kidswellbeing?j=334497&sfmc_sub=57055809&l=217_HTML&u=8954382&mid=7234710&jb=675&utm_source=SFMC7234710&utm_content=3344973032020&utm_medium=Email&utm_campaign=20_03_30_ConsumerGymMembers_Steve_Gray_Update_SERVICE

