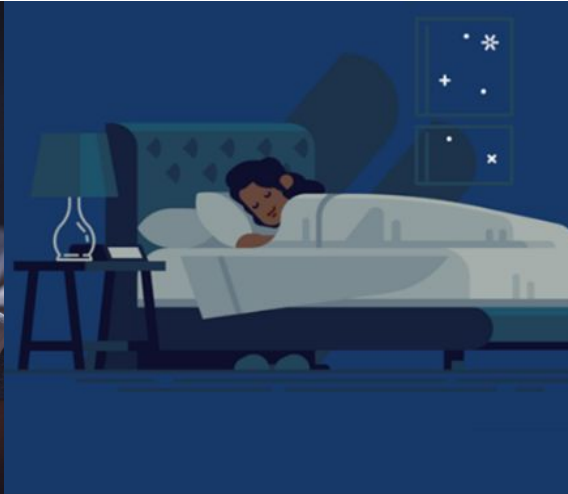


Wednesday 9th January 2024

Healthy Habits: Sleep



Literacy Focus

- ✓ Write in full sentences.
- ✓ Use keywords in your work.
- ✓ Give reasons for your answers.

Do now: Complete entry
quiz on sleep habits.

Good quality sleep

1: How many times a day is your body programmed to feel sleepy?

- One
- Two
- Three
- Four

3: Which of the following is the most common cause of nightmares?

- Junk food.
- Stress and anxiety.
- Fizzy drinks.
- Exercise.

5: Watching TV in bed can help kids wind down and fall asleep

- True
- False

2: About half your sleeping hours are spent dreaming.

- True
- False

4: If you fall a few hours behind in the amount of sleep your body needs, you can never make it up.

- True
- False

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Recall

Join up the key words with the correct definition:

**Protected
Characteristics**

Treating someone badly because of who they are, such as calling someone “gay” as an insult.

Discrimination

Protection for **who** someone is - for example their race or gender identity.

Racism

Accepting different views and opinions even if you disagree with them.

Tolerance

Treating someone badly because of where they come from, for example referring to someone’s skin colour negatively.

Excellent Classroom Habits:

Because we are respectful we:

Sit up straight - back to the chair, facing forward

Listen - face the speaker, hands empty, don't interrupt

Follow instructions - first time, every time, without discussion or debate.

Because we are ambitious we:

Participate in learning - 100% effort, 100% of the time.

Because we are resilient we:

Work independently - hands down, read the instructions, try all tasks and challenge ourselves.

Progress Check:

- ✓ Can you explain how much sleep people need at different ages?
- ✓ Can you explain what healthy sleep habits are?
- ✓ Can you explain how unhealthy sleep habits can affect someone?

*“A little progress
every day adds
up to **BIG** results.”*

Unlocking vocabulary:

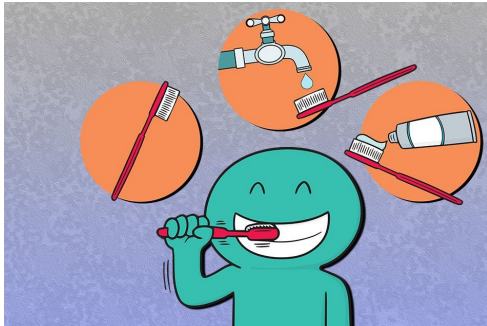
habit



Define: He has a really annoying habit of not listening to what I am saying.



Write down dictionary definition
A settled practice which is done regularly and often without even thinking about it.



Create

Write the word in your own sentence

What is sleep?

Sleep is a condition of body and mind that typically happens for several hours every night, in which the nervous system is relatively inactive, the eyes are closed, muscles relax and the person is barely conscious.

Most people have different feelings about sleep - how do you feel about it?

1

Not bothered. It's just something I do.

10

Hate sleeping/ I have real problems with sleep

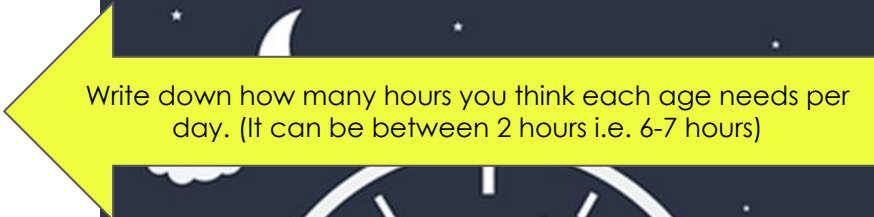
5

Love sleeping/ I spend too long in bed

How much sleep do we actually need?

(Copy table into your book)

Age	Hours of sleep needed per day
1-12 months	
1-3 years	
3-6 years	
7-12 years	
12-18 years	
18-65 years	
65+ years	



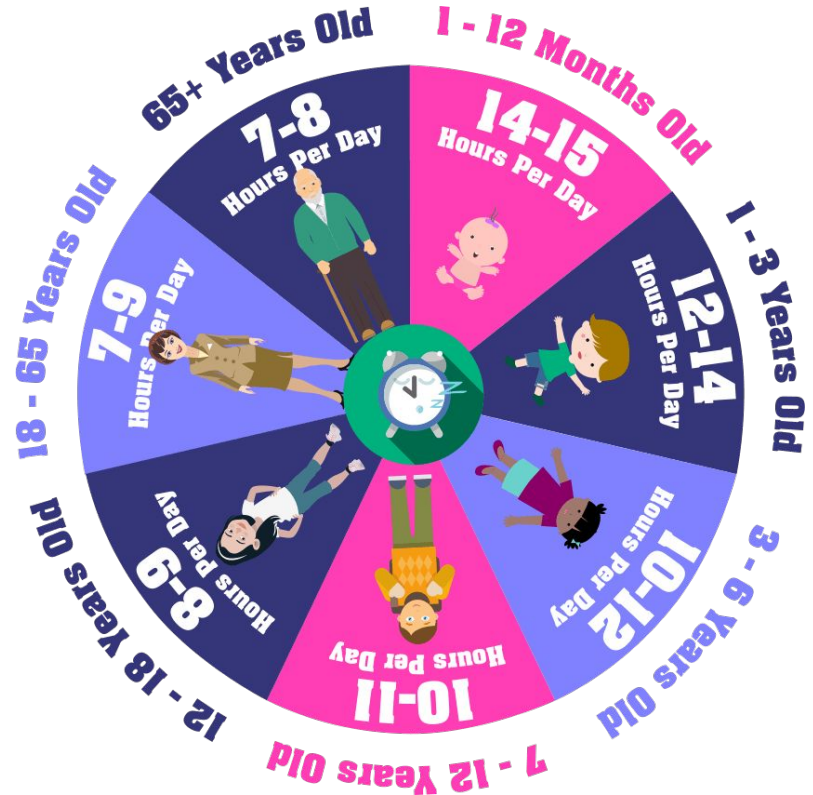
Write down how many hours you think each age needs per day. (It can be between 2 hours i.e. 6-7 hours)



How much sleep do we actually need?

How close were you? Correct your answers in red pen.

Age	Hours of sleep needed per day
1-12 months	
1-3 years	
3-6 years	
7-12 years	
12-18 years	
18-65 years	
65+ years	



Recall: Mini Whiteboards

False!

7-12 year olds need 10-11
hours sleep per day.



True or False?

7-12 year olds need 8
hours sleep per day.

Progress Check:

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Bedtime Routine

Most people have habits to do with how they go to bed - taking a shower, taking off makeup, brushing your teeth etc. Some of these habits are good habits and some can be really damaging to our sleep and wellbeing.

Sort the habits in the list into a table of good sleep habits and bad sleep habits.

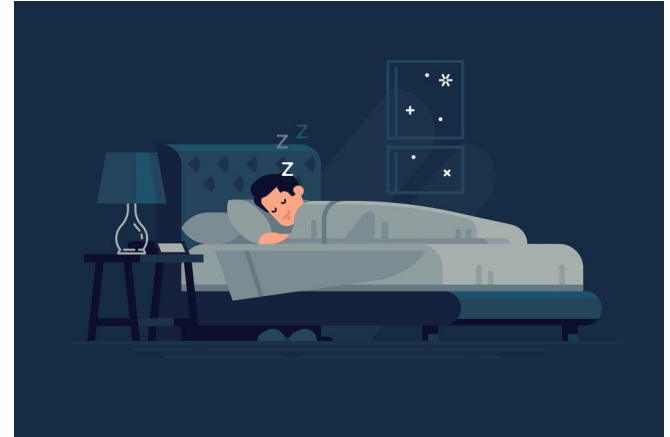
- Set an alarm to signal sleep time.
- Stay on your phone until you fall asleep
- Take a nap as soon as you get home.
- Lie there worrying about everything you need to do.
- Eat light and healthy before bed.
- Sit in bed and eat a chocolate bar/ sweets.
- Shower/bath - wash away any stresses.
- Fall asleep on the sofa.
- No devices 1 hour prior to sleep.
- Lower the lights.
- Drink a can of Red Bull.
- Drink a warm drink (caffeine free)
- Reduce anxiety by creating a to do list
- Relax muscles and mind with yoga
- Read
- Avoid napping during the day

Healthy Sleep Habits

Create a mind map of all the healthy sleep habits you can think of for someone of your age/ stage. Consider how much sleep you physically need as well.

Now watch [this](#) video and see what else you can add onto your mindmap.

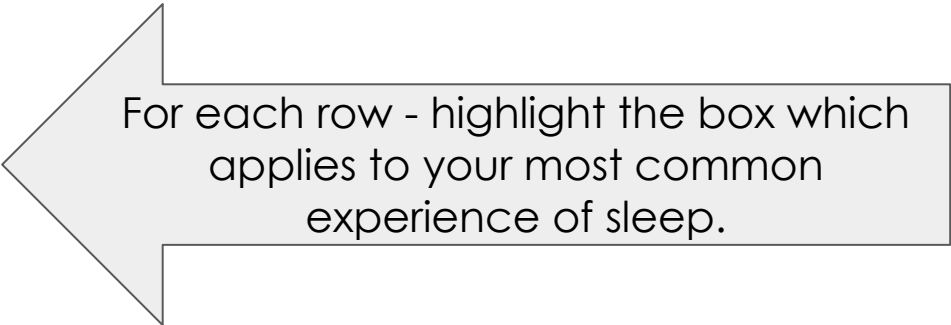
Highlight the things which you need to do or start doing to build better sleep habits.



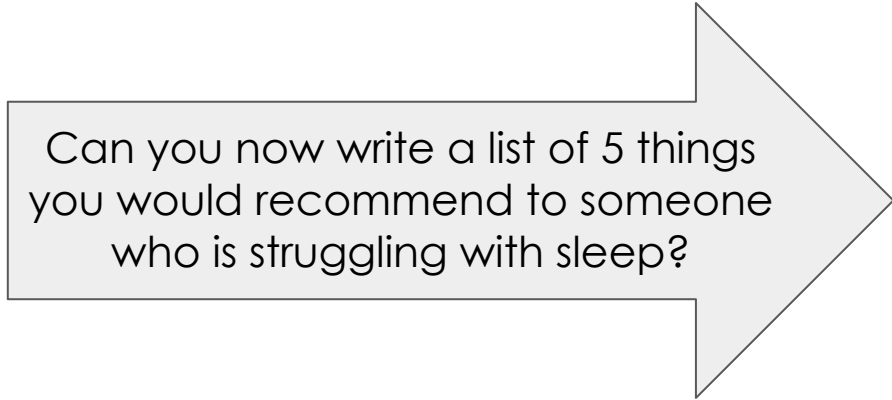
<u>Good sleep</u>	<u>Poor sleep</u>
You fall asleep soon after getting into bed, within 30 minutes or less.	You take more than 30 minutes to fall asleep after you get into bed.
You typically sleep straight through the night, waking up no more than once per night.	You regularly wake up more than once per night.
You fall back asleep within 20 minutes if you do wake up.	You lie awake for more than 20 minutes when you wake up in the middle of the night.
You feel rested, restored, and energized upon waking up in the morning.	You feel more stressed out, emotionally exhausted, and angrier than usual.

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For each row - highlight the box which applies to your most common experience of sleep.



Can you now write a list of 5 things you would recommend to someone who is struggling with sleep?

Progress Check:

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What happens if we don't sleep enough or well?

1. Read a paragraph at a time.
2. Highlight each of the consequences of poor sleep/ lack of sleep.
3. Circle any words you don't understand.

In a nutshell, sleep deprivation is caused by consistent lack of sleep or reduced quality of sleep. Getting less than 7 hours of sleep on a regular basis can eventually lead to health consequences that affect your entire body.

Your body needs sleep, just as it needs air and food to function at its best. During sleep, your body heals itself and restores its chemical balance. Your brain forges new thought connections and helps memory retention.

Without enough sleep, your brain and body systems won't function normally. It can also dramatically lower your quality of life and can even lead to an early death.

Your central nervous system is the main information highway of your body. Sleep is necessary to keep it functioning properly, but poor sleep can disrupt how your body usually sends and processes information.

During sleep, pathways form between nerve cells (neurons) in your brain that help you remember new information you've learned. Sleep deprivation leaves your brain exhausted, so it can't work like it should. You may also find it more difficult to concentrate or learn new things. The signals your body sends may also be delayed, decreasing your coordination and increasing your risk for accidents.

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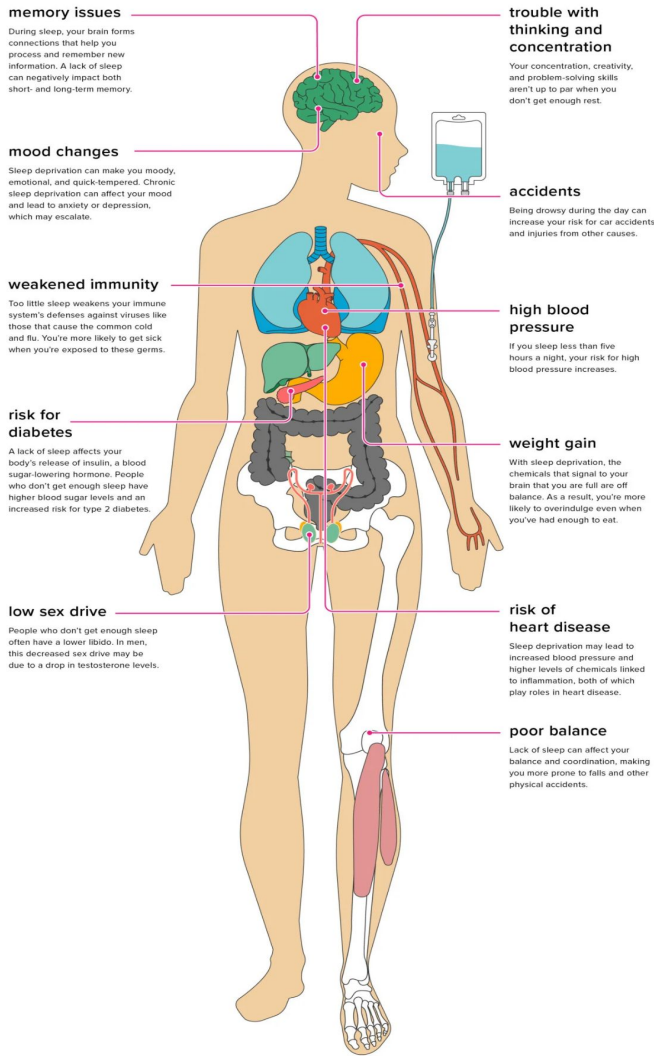
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Sleep deprivation also negatively affects your mental abilities and emotional state. You may feel more impatient or prone to mood swings. It can also affect your decision-making processes and creativity.



While you sleep, your immune system produces protective, infection-fighting substances like antibodies and cytokines. It uses these substances to combat foreign invaders such as bacteria and viruses. Sleep deprivation prevents your immune system from building up its forces which will mean you will get ill much more easily. If you don't get enough sleep, your body may not be able to fend off invaders, and it may also take you longer to recover from illness.

Along with eating too much and not exercising, sleep deprivation is another risk factor for becoming overweight and obese. Sleep affects the levels of two hormones, leptin and ghrelin, which control feelings of hunger and fullness. Leptin tells your brain that you've had enough to eat. Without enough sleep, your brain reduces leptin and raises ghrelin, which is an appetite stimulant. The flux of these hormones could explain night time snacking or why someone may overeat later in the night.

A lack of sleep can also make you feel too tired to exercise. Over time, reduced physical activity can make you gain weight because you're not burning enough calories and not building muscle mass.

Sleep affects processes that keep your heart and blood vessels healthy, including those that affect your blood sugar, blood pressure, and inflammation levels. It also plays a vital role in your body's ability to heal and repair the blood vessels and heart.



Time to Write

Can you explain why having enough good quality sleep is important?

Humans need enough good quality sleep so that they can...
For example...
Good quality sleep means...

On the other hand, if someone does not have enough sleep it can...
For example...
Another problem with insufficient sleep is...

I think that good quality sleep is important so that...

Don't forget to use your book - the table of how much sleep people need, your mindmap and your information sheet.



Capital letters at the beginning of sentences and names.



Commas separate the clauses in your sentence or items in a list.



Add a full stop at the end of a complete idea or finished sentence.



Check: does your sentence make sense? Read it again.



**Key
Words/Spellings**

Sleep deprivation

poor / good quality

Immune system

Concentration

Progress Check:

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