



TOP 10 TIPS FOR SLEEPING BETTER



PERFORMANCE LEARNING TEACHING RESOURCE

As teachers we are all too aware of the importance of sleep to maintain our ability to learn. But do our pupils understand how important sleep is and do we spend time promoting the benefits of effective sleep?

Discussing sleep with your pupils can present a wealth of potential difficulties, especially in a world where most pupils have access to social media and digital distractions 24 hours a day.

Here are some useful tips and printable resources that you can share with your pupils to help them adopt positive sleep routines.

TIP 1. TEACH THEM THAT PREPARATION IS KEY

1.

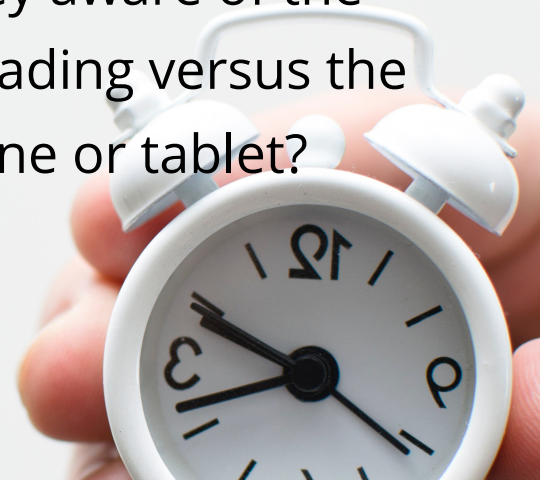
Research shows us that the average human being needs about 8 to 10 hours of sleep every night. But are your pupils aware of this?

2.

What time do they begin to sleep? Do you spend time discussing this with your pupils? Are they aware of what a good sleep routine looks like?

3.

Do you or your pupils record their sleep? Do your students understand their own sleep habits best? Are they aware of the impact of going to bed reading versus the impact of using their phone or tablet?



TIP 2. TEACH THEM TO HIDE THEIR PHONE

1.

There is growing evidence that using electronic devices late at night can not only make your pupils lose essential sleep but can also affect their mood and even their mental health.

2.

Outline the impact of the blue light emitted from mobile phones and the effect it has on the hormone, melatonin, which increases wakefulness.

3.

Use the Performance Learning sleep worksheet to explore their current sleep routine and adopt an improved approach to sleep.

TIP 3. TEACH THEM TO AVOID CAFFINE

1.

Have you shared with your pupils the dangers of caffeine before bed?

2.

Your pupils may not drink coffee or tea before bed, but do they consume energy or fizzy drinks and chocolate late in the afternoon? Are they aware of the potential effects on their ability to sleep if they have?

3.

Are they aware that caffeine acts as a stimulant and increases their blood pressure, making them alert and less likely to fall asleep? Are your pupils aware of the potential health implications?

TIP 4. WHAT IF THEY'RE STILL AWAKE?

1.

Avoiding caffeine and technology will not necessarily mean that your pupils will fall asleep instantly.

2.

If your pupils are still not feeling tired, do they know what they can still do to help?

3.

Are they aware of the benefits of reading a book before bed as opposed to looking at their phone or online status?

4.

Using the Performance Learning Sleep Routine worksheet will help them to factor in the extra time to adopt a peaceful and effective sleep routine.

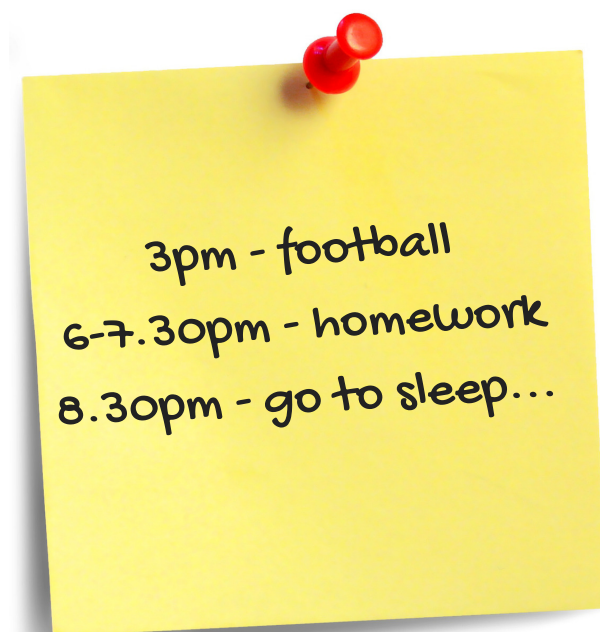
TIP 5. TEACH THEM TO STICK TO A SCHEDULE

1.

Going to sleep and waking up at the same time every morning (including weekends) will not only help your pupils transition more easily to a regular sleeping pattern, it will also improve their quality of sleep.

2.

Discuss with your pupils how they will achieve this, how they plan to change their behaviour and adopt better sleeping habits.



TIP 6. HELP THEM TO STOP FEELING STRESSED

1.

Support your pupils to avoid doing or thinking about stressful activities before going to bed.

2.

Discuss with them who they can seek help from if there is something in particular which is keeping them awake at night.

3.

Discuss the benefits of listening to calming music or putting things into perspective and reflecting on the significance of the problem in the grand scheme of things.

TIP 7. TALK ABOUT THEIR SLEEPING SPACE

1.

Talk to your pupils about making sure the space in which they sleep is comfortable.

2.

Discuss the benefit of simple things such as changing the bed sheets or regulating the temperature in their room.

3.

Talk to them about the benefits of opening a window to let in a cool summer breeze or, in colder weather, snuggling under a freshly washed blanket.

TIP 8. TEACH THEM TO EAT AND DRINK WELL

1.

Discuss the benefits of eating dinner three hours before bed. How does this help?

2.

What are the implications of eating late (feeling bloated and uncomfortable)?

3.

Talk about when and what to drink before bed (refer back to Tip 3) e.g. grabbing a glass of water or milk to ensure that they're not thirsty.



TIP 9. TEACH THEM TO MANAGE THEIR NAPS

1.

Naps can definitely be useful to help your pupils refresh their energy through the day and a power-nap can do them a world of good. Refer to well-know, top-level CEOs like Elon Musk who still take them.

2.

But when is it right for them to take a nap? What are the reasons for their nap - is it self-inflicted or necessary to ensure they get through the day?

3.

Outline to your pupils that it's not a power nap if it lasts three hours and comes as a result of poor sleep the previous night.

4.

Tell them to keep their naps to less than 30 minutes and avoid naps close to bedtime.

TIP 10. RISE AND SHINE

1.

Going to sleep is only half of the work of a good night's sleep; waking up is the other half. Are your pupils aware of the dangers of hitting hit the snooze button when the alarm goes off?

2.

Outline that opening their curtains and letting in the light tells their body that it is time to wake up and makes them more alert.

3.

Discuss the dangers of lazing about in bed searching the internet or updating their online status, which can increase the likelihood that they'll just fall back to sleep.

BE SLEEP AWARE

Sleep is the hidden secret to recovery, strength and resilience. Sleep deprivation studies have shown that learners who get 35 minutes more sleep per night get higher marks!

During the day you are borrowing energy from your body to help you learn. This energy needs to be given back to your body, and the best way is through sleep.

It's like a bank - the more you borrow, the bigger the debt (when you have to give more than you actually have). If you don't pay back your sleep debt it will only grow bigger, and then you're at risk of feeling stressed and not performing at your best.



YOUR SLEEP OBJECTIVES

1.


To learn how to sleep well and restore your energy levels every day.

2.

To learn to have a set routine that ensures you don't feel too tired to learn properly.

3.

To learn how to be active, alert and energised in class.



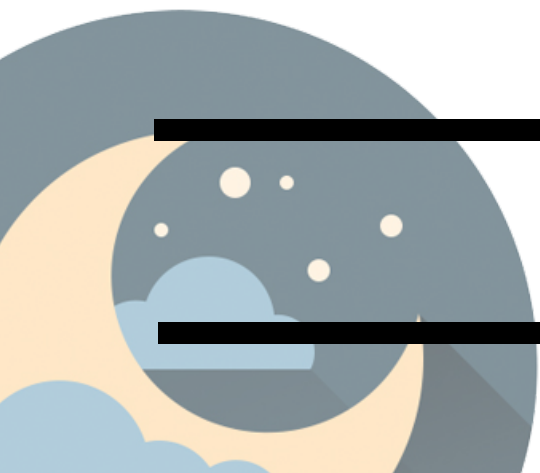
Keeping track of when you go to sleep, when you get up and what you do during the day will help you stick to a good sleep routine.

PERFORMANCE LEARNING SLEEP ROUTINE

1. WHAT I WANT TO FEEL

Start your Sleep Routine by writing down what you want to feel when you go to sleep every evening.

For example: I would like to feel calm.



PERFORMANCE LEARNING SLEEP ROUTINE

2. WHAT CAN I DO TO FEEL THIS?

Next, write down some ways you can help yourself achieve the feelings you would like before bed.

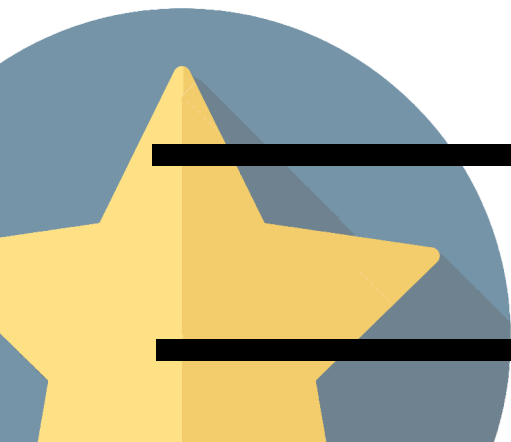
For example: I would like to feel calm and I shall do this by reading something I enjoy before bed.



PERFORMANCE LEARNING SLEEP ROUTINE

3. YOUR ROUTINE

Now, put your answers together to create a routine.
For example: I now commit to feeling calm before I
go to sleep. I will achieve this by reading a book I
enjoy to help me relax before bed.



KEY POINTS

1.

Do your best and really think about how you want to feel when you go to bed.

2.

Make sure you are in control of being able to achieve how you want to feel.

It is important that your sleep does not get affected by your exam or test results, so concentrate on activities that you can control, such as reading a book.

Stick at it and you'll soon feel both the physical and mental benefits of getting a good night's sleep.





Performance[®]
Learning

“

Go to your Performance Learning lessons, they make a huge improvement!

”

- Courtney, Year 6, Beacon Primary Academy, Loughborough

“

I loved the fresh new outlook to helping children achieve.

”

- Olivia Mellor, teacher, Harbour Primary and Nursery School, Newhaven