

**BIRCHFIELD PRIMARY
SCHOOL'S GUIDE TO...**

**HOW TO GET
GOOD SLEEP**

WRITTEN BY YEAR 5 PUPILS

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Introduction: How to get good sleep

95% of people surveyed admitted to using electronic devices prior to sleeping. – National Sleep Foundation

Hello, we are Year 5 pupils, and we have been asked by our school's e-safety team to talk to you about how much sleep people need today. We wanted to help people with sleep because of the responses we received for our school questionnaire.

This booklet, which we've made for you, is a reminder of what electronics can do to your body before and during sleep. Often, people can lose out on the right amount of sleep because of their overuse of electrical devices. We don't want to scare you, but to keep everyone in your family healthy, you need to understand the science of sleep; from how long you use your electrical devices, to when you should start getting ready to go to bed.

We are here to help.

Sienna and Gracie

What is sleep?

What happens to your body when you sleep?

Sleep is a condition of body and mind, which typically recurs for several hours each night in which the nervous system is inactive. Sleep serves to re-energize the brain and body cells, so you can remember previous events that happened in your lifetime. When you sleep, the postural muscles (the muscles that control your posture) are relaxed and consciousness is practically suspended. We must have sleep so our bodies remain healthy.

Alfie and Anthony

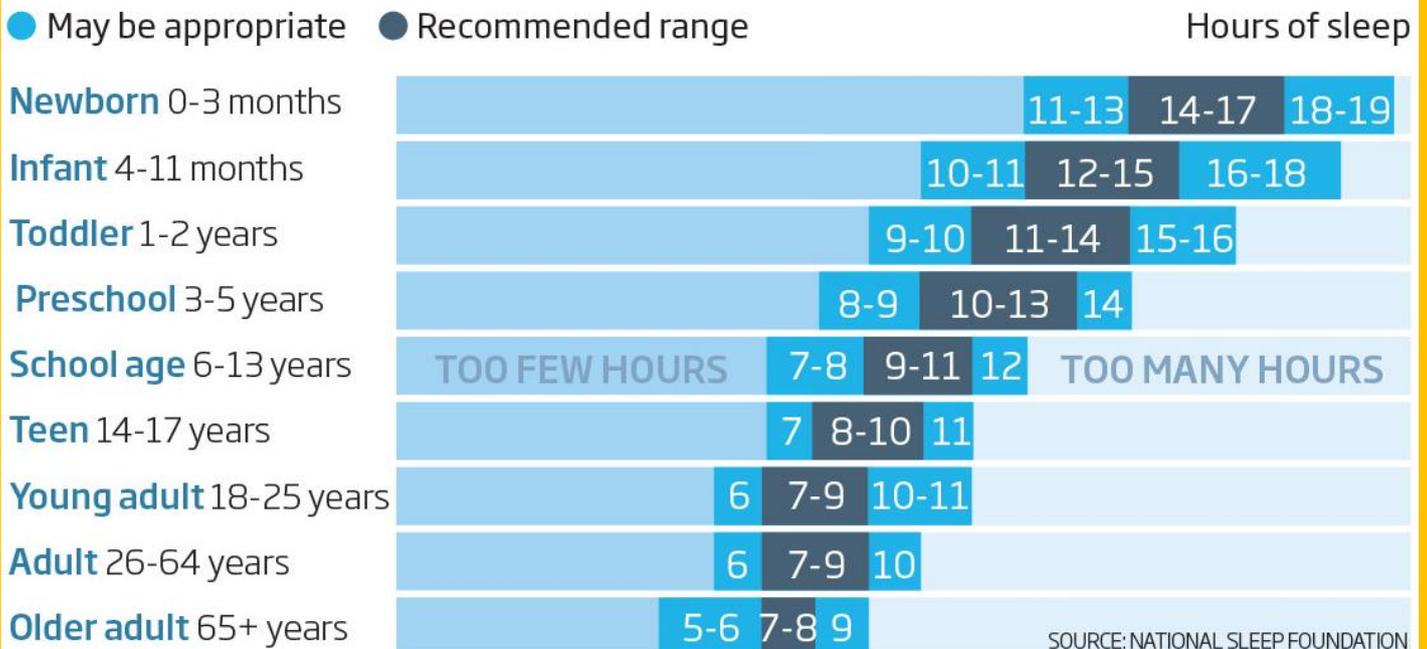
Why does your body need sleep?

You need sleep because it grows and repairs your muscles, supports learning, builds memories and helps with the retention of information. If you don't get enough sleep, you will suffer memory loss and your body won't be able to repair its self. Not having a good amount of sleep could perhaps cause you to develop C.V.S (Computer Vision Syndrome), which has been associated with anxiety, stress and even depression. Your brain produces melatonin, which is used for repairs and storing memories. If you see a blue or white light from a screen before bed, it will trick your brain into thinking its midday and therefore produce less melatonin.

Callum and Amy

How much sleep do I need?

There are no magic numbers. Sleep need varies as we age, and for each individual



How much sleep should I get?

This chart (above ↑) shows how many hours of sleep different aged people need. The research was created by scientists at the National Sleep Foundation. Each age group has a recommended range of sleep, which will keep them healthy. When you are young, you need the largest amount of sleep.

To be healthy, scientists say that primary school aged children need between 9 to 13 hours of sleep each day.

Daniel and Igor

What affects how much sleep I need?

What affects how much sleep I might need?

When you do a lot of exercise, your brain will need more sleep because your body needs to be repaired more from all the hard work it has done. If you do exercise, your brain needs more sleep, which without this, could lead to having heart attacks and strokes.

If you go on a diet, it could make you lose sleep for your brain is producing ghrelin, which stimulates your stomach and brain, making you hungry. People, who go to the gym, will not get enough sleep unless they eat properly. Hungry people often suffer from interrupted sleep because their brain is always telling them to get up and get food.

Amelia and Bethany

Can I catch up on sleep by napping?

You can catch up on sleep but, in the long term, it is bad for you because then you might be missing out on deep sleep at night. A few minutes napping could help you with alertness, performance and mood but it could lead to future health issues. When you get into a deep sleep, your brain starts to repair itself and your body.

Naps do help but they should not be relied upon as part of your normal day.

William and Ryan

Screen time

What do screens do to your eyes and brain?

Too much time on screens can become addictive for children and they might become uninterested in other important parts of their life. If you look at the television for too long, it will result in blurred vision and headaches, which can become serious. Often, adults look at their phones before bed, which is why they may have sleeping problems.

Grace and Lily

How do screens affect your sleep?

Sleep is an essential part of our development. Yet the total amount of sleep that children and adolescents are getting is continuing to decrease. If you have too much screen time (from a video, film or even a game) at bedtime, it can affect the melatonin produced by the brain giving the body the impression you aren't ready for sleep, which reduces the amount your brain repairs itself.

Honey and Kacey

What can you do about screens to improve your sleep?

If you can turn down the brightness of your screen, it will make you sleep better because the light won't have as much impact on your eyes.

When you go to sleep, you should not use a device with a screen. If you want a good night sleep, you should turn off your device at least one hour before you go to sleep.

The colours white and blue make your brain think it's the middle of the day. Whereas red, orange and yellow lights are less harmful to your sleep because they are the same colours that are seen in a sunset.

James and Jakub

The problem with sleep loss

What activities can make you lose sleep?

If you have a heavy meal before you go to sleep, you won't be able to sleep while your stomach is still digesting your food.

If you drink a caffeinated drink before you sleep, it will turn off the part of your brain that tells you that you are tired.

If you have a busy mind, it can also affect your sleep because your brain is still working hard, when it should be repairing itself.

Eating spicy or fatty foods can make you lose sleep because of all of the energy the food contains. This is harder for your stomach to digest, which can keep you awake.

Kieran and Toby

What happens when you don't get enough sleep?

You need sleep, so you stay healthy. If you don't get enough sleep, you could develop serious health problems e.g. weight gain, memory loss, strokes and heart attacks.

If you don't get enough sleep, you can't retain information and form long lasting memories. You also can impair your body's ability to fight off illnesses, which means you are far more likely to become ill.

Marcus, Phoebe and Abi

How to get good sleep

What do you need to change in your life to get good sleep?

65% of people will often sleep with electronics in their bedroom and most people can be tempted to play on these devices for hours before bed. Distracting devices like phones, tablets etc. will keep you awake and prevent you from getting deep sleep.

If the heating is on through the night, your brain will think that it is sunlight shining on you. Your brain will send messages to your body, telling you that it is the middle of the day, which will keep you awake.

Pets can be fun although they can be distracting when you are trying to sleep.

Grace H and Connie

Why is sleep good for your health?

Sleep repairs your brain so it is ready for the next day. Sleep is also good for you because it repairs your spine and gives you rest so you're ready for the next day.

Without this important process, your body will not be healthy enough to function properly.

Lily-Jean and Lara

Top Tips

S - **Screen** - Make sure you put your screen on an orange light setting when it's getting late and that you stop using it an hour before bed.

L - **Light and Loud** - Light will make you believe it is the middle of the day and loud noises over stimulate the brain.

E - **Enough** - Remember to go to bed at the right time for your age, so that you get enough sleep.

E - **Environment** - If you don't turn down the heating at night, your body might think that it is the middle of the day.

P - **Prepare** - Get ready to turn off your screens at least an hour before you go to sleep.

E - **Exciting** - If you get over excited before sleeping, you will be over stimulated and unable to sleep.

R - **Relax** - If you don't relax before you sleep, your muscles will feel uncomfortable and keep you awake.

Keira and Lexi

Quiz

How well did you read our booklet?

All the answers can be found somewhere in our writing.

- 1) Which chemical stops your brain from knowing it is tired? _____
- 2) Name one body part we mentioned that sleeping repairs. _____
- 3) What colour screens make your brain stay awake? _____ and _____
- 4) How many hours of sleep should a normal, school aged child get each day?

- 5) What is the name of the condition you can suffer from if you stare at screens for too long? _____
- 6) Which official research group studied how long different age groups need to sleep? _____
- 7) If you don't sleep for more than 2 or 3 days, what are the two ways that you might die? _____ and _____
- 8) What can having a nap help you with, in your everyday life? _____
- 9) What colour should you change your screen to, when it's getting dark?

- 10) What is the name of the chemical your body creates so that you can keep memories and repair your brain? _____



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