



Taking care of myself: getting a good night's sleep

Play this slideshow from
beginning





We are learning about the importance of good sleep



We will be able to:

- ✓ explain why sleep is important for a healthy lifestyle
- ✓ describe bedtime routines that help improve sleep
- ✓ identify how our sleep patterns and needs might change as we grow up

Sleep: What's our starting point?



Draw a person getting ready for a good night's sleep – what might they be doing, thinking, feeling?

Can you draw and write about:

- How this person will feel when they wake up?
- Anything that is helping them to sleep well?
- Anything that might make it hard for them to sleep well?

Once you've finished your picture, put it to one side – you will come back to this later!



Activity 1: Why is sleep so important?

Once you have thought about each question, click on each box to reveal an answer...

QUESTION	POSSIBLE ANSWERS
How much sleep do children need each night?	
Find 3 things to start doing that help someone get good sleep:	
Find 3 things to stop doing that would help someone sleep:	
What happens during sleep when someone starts puberty?	
Why is it important to get good sleep?	

Activity 2: sleepbusters

Read each problem and think of a solution.

It is difficult to go to sleep when...	A solution to this might be...
Someone has been watching TV, or playing games online before bed	
Someone is nervous or worried about something, e.g. a test at school	
Someone drinks a sugary drink, such as orange juice or hot chocolate, before bed	

What instructions could you give somebody to help them carry out their solutions?

E.g. They could create a bedtime schedule to follow, so that they know when to turn off the TV etc.

Can you think of any other problems?

Sleep: Where are we now?

Go back to the 'What's our starting point?' activity

Use a different colour pen or pencil to change your draw and write...

Is there anything you would like to change about your pictures?

Is there anything you would like to add to your pictures?



Can you think of one thing that you could change about your bedtime routine to help you to get better sleep?

Remember...

Finding it hard to get to sleep or not wanting to get up in the morning are all typical experiences as part of growing up. Many adults can sometimes find it hard too. It can sometimes happen when people feel worried or feel stressed about something.

If you're worried about your sleep, you should always speak to your parent or a trusted adult so they can help you.



The **ChildLine website** also has advice about sleep for young people:
www.childline.org.uk

Click [here](#) to discover Childline's 8 tips for better sleep!

More activities

Give me 10

Create a poster of 10 top tips for a good night's sleep that you can share with your family and friends.



Sleep story

Write a short story about a character who is struggling to get a good night's sleep. Include advice for others about how they solved the problem.

