

Sleep Hygiene & Mental Health



LEARNING OUTCOMES

Knowledge, Skills & Actions

To define sleep and explain what sleep hygiene is.

To understand ways to boost sleep hygiene and mental health



Hypersomnia explained

3 Minutes



New Vocabulary

Hypersomnia, Sleep disorder, Sleep Hygiene, Insomnia



STARTER ACTIVITY

What is insomnia?
What is hypersomnia?

What is your bedtime routine involve?



Sleep Hygiene & Mental Health

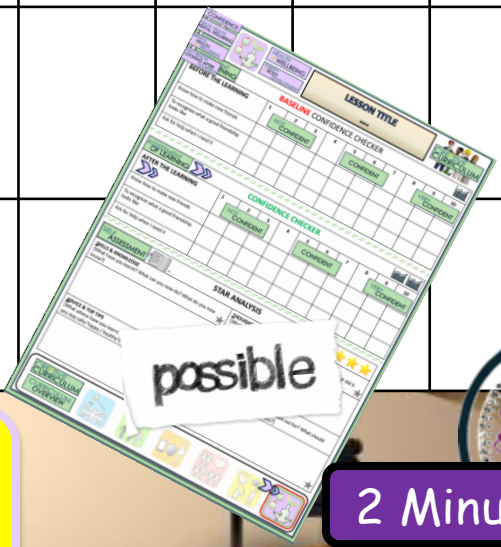


ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I can define what sleep hygiene is										
I understand how to improve my bedtime routine										
I can explain the link between my sleep and my mental health										



Complete a base line assessment of where you think you are at for this lesson
(Discussion or complete sheet)

2 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident

PAIR & SHARE

THOUGHTS & FEELINGS

DID?


MIGHT?

COULD?

CAN? / WILL?

IS? DOES?

SECOND



HOW?


WHAT?

WHERE?

WHO?


WHY?

FIRST



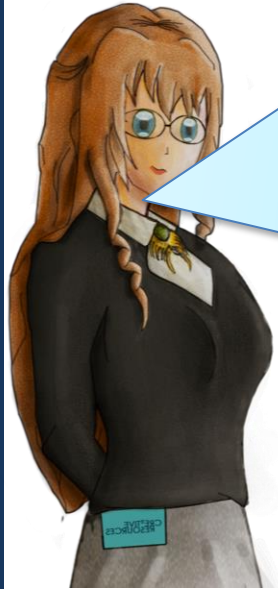
Tasks

Using the grid above come up with three questions about the image



2 Minutes

What is sleep?



“Sleep is such an important part of our lives, yet many of us don’t pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. As well as humans, other mammals, reptiles and birds all sleep, while fish, amphibians and insects do not (although they may rest). Some animals sleep in many short bursts, while others, like humans, prefer

Sleep is essential to humans, just like air, water and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.





Mental health is something that can **affect anyone**, our environment and bodies are changing constantly and **sometimes it can be stressful**. It's important to **find a trusted adult** you can confide in during the difficult times and celebrate the stress-free moments.



What is the link between Mental Health and Sleep?

Did you know?

Adequate sleep, 7+ hours for your body to regenerate, promote healthy cell/tissue growth. It boosts and restores our immune system.

8-9 hours is ideal but everyone has their own normal.

Having enough sleep allows your brain to think clearly

Having enough sleep allows your body to work efficiently

"Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen"

Deep Roy

Sleep and Relaxation

Activity: Complete the sentence starters

- ☐ Sleep is.....
- ☐ My sleep is
- ☐ and disturbs
my sleep
- ☐ I sleep well when I



Did you know?

When we have had a good nights sleep we can think more positively, we have the energy.

Negative thoughts and circulating thoughts can happen in our brains when we are tired. It's like our default setting. They are there because we needed this anxiety for survival when we were cave men. Anxiety kept us alert and safe from predators because we were constantly aware of our surroundings. In this modern age we don't have any predators so this constant state of alertness to protect us is not necessary and we now have to actively and consciously make thoughts and decisions to think positively.

When we have had a good nights sleep we can think more positively, we have the energy

**We asked our expert:
Can tiredness cause
stress and anxiety?**



**Would you be willing to
give meditation a go
when you are feeling
stressed out?**



Sian Randall from Sian Randall Therapies is an expert in menstrual education for women of all ages, her passion is helping women understand their bodies and their choices.



**How can any of the above help with sleep hygiene?
Which might not help?**



Importance of Sleep



What if you didn't sleep for a week?

What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

What thinking is needed? next steps? Where are we now

what is wrong? Is it safe? can it be done?

INFORMATION

FEELINGS

CREATIVITY

THINKING

JUDGEMENT



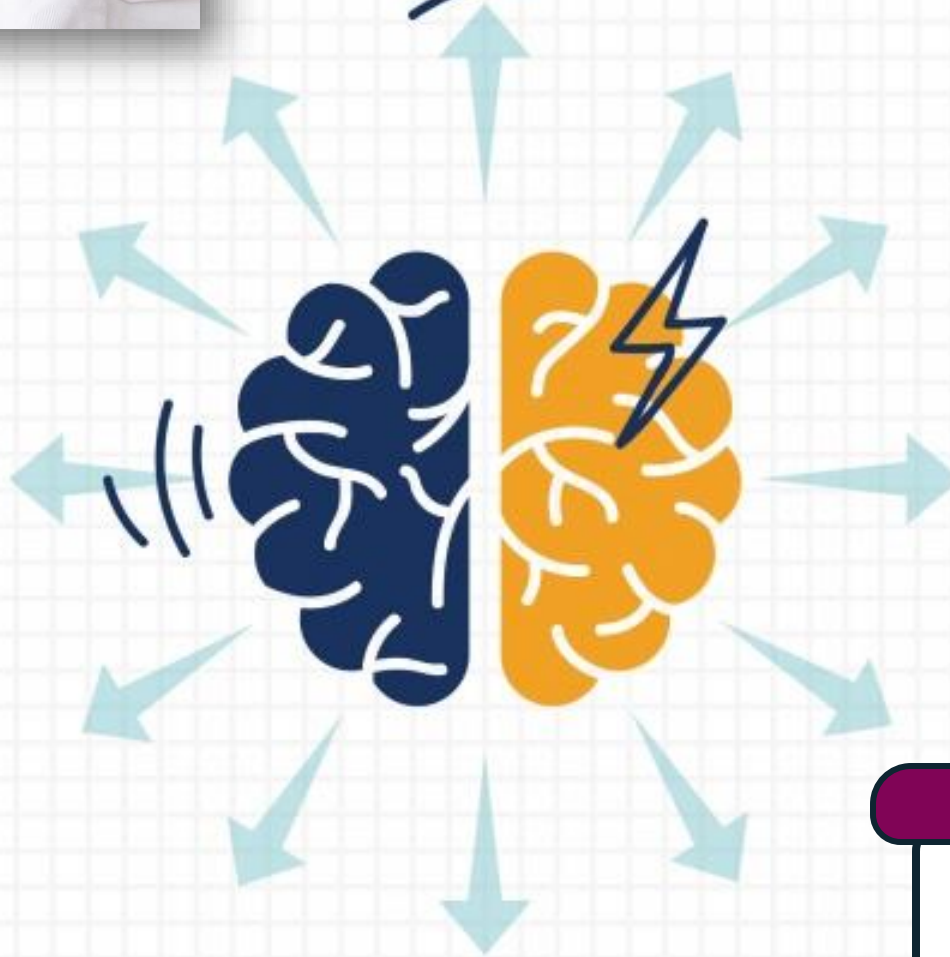
**How good would you rank your own sleep?
Have you ever not slept for one night? How did you feel the next day?
What physical and psychological impacts did it have on you?**



**MIND
MAP**

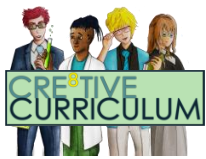


Work with a partner to complete a mind map on what can stop someone getting good quality sleep

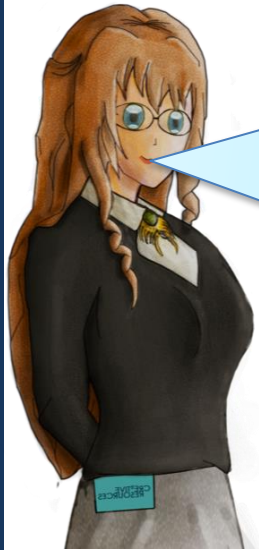
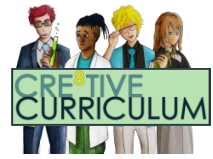


Extension

Use a different coloured pen to circle the ideas that you think will have the biggest impact



What is Sleep Hygiene?



“Sleep hygiene’ is the term used to describe good sleep habits. Considerable research by many doctors and other sleep experts has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties”

10 Ways to boost sleep Hygiene

1. Get regular with your bedtime routine. Go to bed and wake up at the same time every day.

2. Avoid caffeine in any form (energy drinks, tea coffee and chocolate) before bed

3. If you haven’t been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again

4. Regular exercise is a good idea to help with good sleep – But don’t do it just before bed

10 Ways to boost sleep Hygiene

5. Try not to use your bed for anything other than sleeping so that your body comes to associate bed with sleep

6. Avoid taking naps during the day, to make sure that you are tired at bedtime

7. Develop your own rituals of things to remind your body that it is time to sleep

8. A healthy, balanced diet will help you to sleep well, but timing is important – Heavy meals before bed are not good.

9. Ensure your bed and bedroom are quiet and comfortable for sleeping.

10. Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy



Healthy Sleep



Healthy Sleep Apps



Healthy Sleep Habits



Good Sleep Hygiene



Insomnia



Sleeping Tips & Tricks

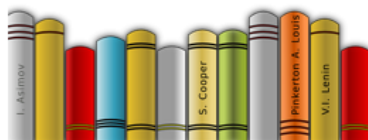
Reading Exercise - Top tips for getting a good nights sleep



Simple practical steps to try out to get a good nights sleep

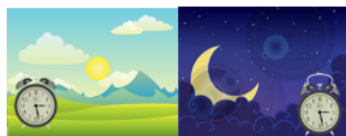


Switch off technology/phones at least one hour before bed to avoid stimulation from the blue-light emitting from technology.



Reading books, a warm shower or bath, listening to relaxing music, have a warm beverage such as a non-cafeinated herbal tea

Setting up a **bedtime routine** to signal to your body that you are making your way to bedtime.



Being consistent with a sleep/wake routine. Getting sunlight within a few hours of waking helps to set your body clock, even if just for 15 minutes daily.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to do anything else but witness your thoughts and feelings.



Write your feelings on paper. Journal how the day went, self reflection and re-read them to see what kind of positive or negative state your mind is in will help ease stress and "get out of your head"



Other things you can try out to get a good nights sleep



Yoga

Yoga YouTube Channels like **Cosmic Yoga for kids** and specific Yoga apps are available for free. By Practicing Yoga it helps to relax the body, decreases heart rate and blood pressure and rest the mind.



Stay away from sugar

Sugar before bed will give a boost of energy (spike your blood sugar levels), you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, a complex carbohydrate and veggies.



Limit Screen time

30-60 minutes no screen time before bed – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep



Gratitude

Practice gratitude before bed by saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with Joy and love for life and the people around us who are supporting us. Happy hormone of Oxytocin is released and relaxes us making us feel at peace before we sleep conditioning the brain for happy dreams.



Breathing in for a 3-4 count, holding whilst counting to 3-4 and exhaling counting to 3-4, repeating as many times as needed to help relax your body and mind. Focuses your mind on the breath which allows the mind to rest, process all the information from your brain. This technique puts you into your body, when your attention is in the body you can feel what it needs more



This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.



"My mobile phone has nothing to do with whether I get a good night's sleep or not"

Talking points

I think that ...
 I don't think... is right because...
 My opinion is...
 I would argue the same because...
 I disagree with... because
 Building on what
 An alternate way of looking at this is...
 I sort of agree, however....
 In my view...
 I would challenge what... said because ...

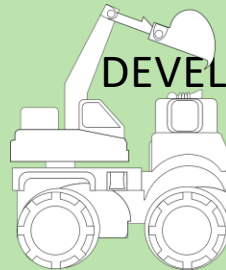
AGREE



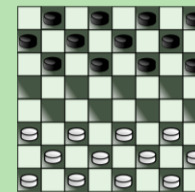
DISAGREE



DEVELOP



CHALLENGE



ALTERNATE
IDEA



SUCCESS CRITERIA



Read the Top Tips sheet and create a leaflet aimed at teenagers about the importance of getting a good night sleep

Success Criteria: SUCCESS CRITERIA

- ✓ Include physical and psychological benefits of sleep
- ✓ Top Tips for getting a good night sleep
- ✓ Explain sleep hygiene
- ✓ Advise on what can interrupt a good night sleep
- ✓ Facts and statistics

SUCCESS CRITERIA



Top tips for getting a good nights sleep



Going to bed the same time every night – before 10pm ideally! In eastern philosophy they believe it is good to sleep between 9-11pm

Keeps us in our circadian rhythm – the right hormones being released in our bodies at the right time. Sleepy hormones for bedtime and wake up hormones for the morning. Going to sleep when the sun goes down (or a few hours after) and waking up when the sun rises (a few hours after)

Reading – tires brain and eyes, they want to close so you naturally fall asleep, reading takes you away to a far of place – this state is very relaxing to the body, your heart rate slows down and your body starts to feel sleepy. The pages of a book are a relaxing un-stimulating colour.

30-60 minutes no screen time before bed – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep

Blue light off mode on devices – turning your phone, tablet or laptop off blue light can help the brain relax. Blue light exposure may increase the risk of macular degeneration. The fact that blue light penetrates all the way to the retina (the inner lining of the back of the eye) is important, because laboratory studies have shown that too much exposure to blue light can damage light-sensitive cells in the retina.
Source: <https://www.allaboutvision.com/cvs/blue-light.htm>

Take a bath
Relaxes nervous system. Adding Epsom salts allows magnesium to pass into blood stream – magnesium relaxes muscles – relaxes muscles = relaxed person – adding essential oils can help relax –
Essential oils on your pillow, temples of your head, wrists or with an essential oil diffuser:
Lavender
Frankincense
Clary Sage
Sweet Marjoram
Roman Chamomile
Bergamot
*There is evidence that magnesium helps with anxiety.



Stop Eating 3 hours before
Eat 3 hours before you want to sleep, no snacking and only drinks that are water based (no milk) ideal is a cup of Chamomile tea. Used for centuries to help calm mind and body before bed.
An empty stomach is a quiet stomach, so it won't disturb you when you are sleeping = Digestion needs energy to happen and energy in your stomach can keep you awake

Stay away from sugar
Sugar before bed will give a boost of energy (spike your blood sugar levels), you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, a complex carbohydrate and veggies.

Meditation
Relaxes body, decreases heart rate and blood pressure
Focuses your mind on the breath which allows the mind to rest, process all the information from your brain
Puts you into your body, when your attention is in the body you can feel what it needs more

Gratitude
Practice gratitude before bed
Saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with joy and love for life and the people around us who are supporting us. Happy hormone of Oxytocin is released and relaxes us making us feel at peace before we sleep conditioning the brain for happy dreams.

2 Minutes



LEARNING OUTCOMES



STOP! >>>>

Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR & SHARE

ASSESSMENT
FOR LEARNING

Confidence Checker



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Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident



IMPORTANT
INFORMATION

SEEKING SUPPORT

Enjoy the lesson, Challenge
your perceptions and
understand how to seek
further advice and support



IMPORTANT
INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR,
TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT
YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!



VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH
AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND
HERE:

- ❑ • Childline: the charity which supports children and young people through all sorts of issues, including mental health. Phone **0800 1111** or visit <http://www.childline.org.uk/Pages/Home.aspx>
- ❑ • Mind: Charity who provides advice and support to anyone experiencing a mental health problem. Visit www.mind.org.uk/ or Phone **0300 123 3393**
- ❑ • GPs (your doctor) can provide advice, support and referrals to specialist agencies like CAMHS

CORE
THEME 5



2 Minutes

SIGNPOSTING
SUPPORT

HELP & SUPPORT
SERVICES

FURTHER
INFORMATION





**TAKE TIME TO
REFLECT**

**What three things
are you thankful
for this week?**

**How have you
been positive this
week?**

**What makes you
happy?**



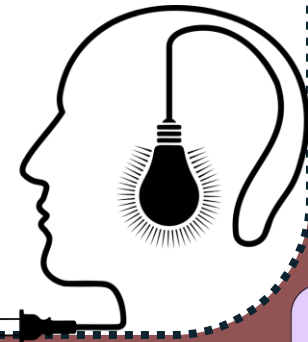
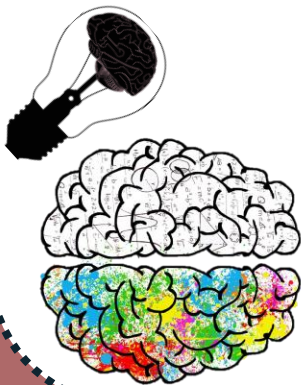


MINDFULNESS PROMPT



Health and Wellbeing –
Reflection Activity

What has annoyed you so much that it has made you forget which road you have walked down?



Mindfulness



Guided mindfulness

[Daily Calm | 10 Minute Mindfulness Meditation | Be Present - YouTube](#)