



SLEEP REALLY WELL KIA PAI TE MOE

Just like water, without enough good sleep your amazing body and mind finds it hard to do the billions of jobs it has to do.

Feeling tired can make you cranky, unable to concentrate and have fun with your friends and whanau.

Filing cabinet in your head

Our body, mind and brain is so very clever. When we sleep, our brain matches up new learning from the day with things we already know.

Then it's filed away so we are ready to go again the next day!



How much sleep do I need?

As you are young and growing, **9-10 hours** of sleep is a good target to aim for. Adults need about 7-9 hours sleep.

You'll feel full of energy, be able to concentrate at school and be more calm and patient.

Sleep Spoilers

There are lots of things that can interrupt a good night sleep;

- screen time two hours or less before bed,
- eating dinner too close to bedtime,
- playing sports late into the evening,
- bright lights
- a too warm room
- noise and light

To sleep well;

- have a warm shower before bed,
- turn off screens at least 2 hours before bed and take it out of your room,
- make your room cool, dark and as quiet as possible

Did you Know?

When you sleep, a "cleaning crew" works on your brain to give it a tidy up so you are set to have fun and be full of energy the next day!



Do you think you can improve your sleep?