

# Sleeping Well in 2023

Clipping Path Included

# BREAKING NEWS

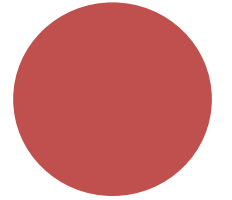
***Scientists have discovered a revolutionary new treatment that makes you live longer!***

*It enhances your memory and makes you more creative. It makes you look more attractive. It helps keep you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and strokes, not to mention diabetes. You'll even feel happier, less depressed, and less anxious.*

***Are you interested?***

*Of course, this advert is not describing some miracle, cure-all wonder drug but rather the proven benefits of a full night of SLEEP...*

*And it is completely FREE!*



# Plan for the session

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- Sleep facts
- Circadian rhythms and sleep – quiz to find out whether you are a morning lark or a night owl
- How to wake up feeling refreshed
- Why sleep is your superpower
- Top tips for great sleep



# Did you know...

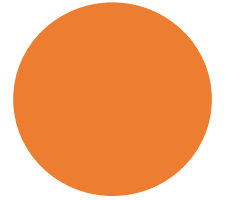
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*Humans spend a third of their lives asleep, so if you live to the grand old age of 90 you will spend about 30 years sleeping!*



Did you know...

*The record for the longest period with no sleep is 11 days and pain tolerance is reduced by sleep deprivation!*



# Did you know...



*The sensation of falling when half-asleep and jerking yourself awake is called hypnic jerks.*

# Did you know...

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*Fear is not normally the main emotion in nightmares, usually sadness or guilt.*







Did you  
know...

*It's thought that around  
15% of people are  
sleepwalkers.*

# Are we getting enough sleep?

*It is recommended that teenagers need 8-10 hours of sleep a night.*

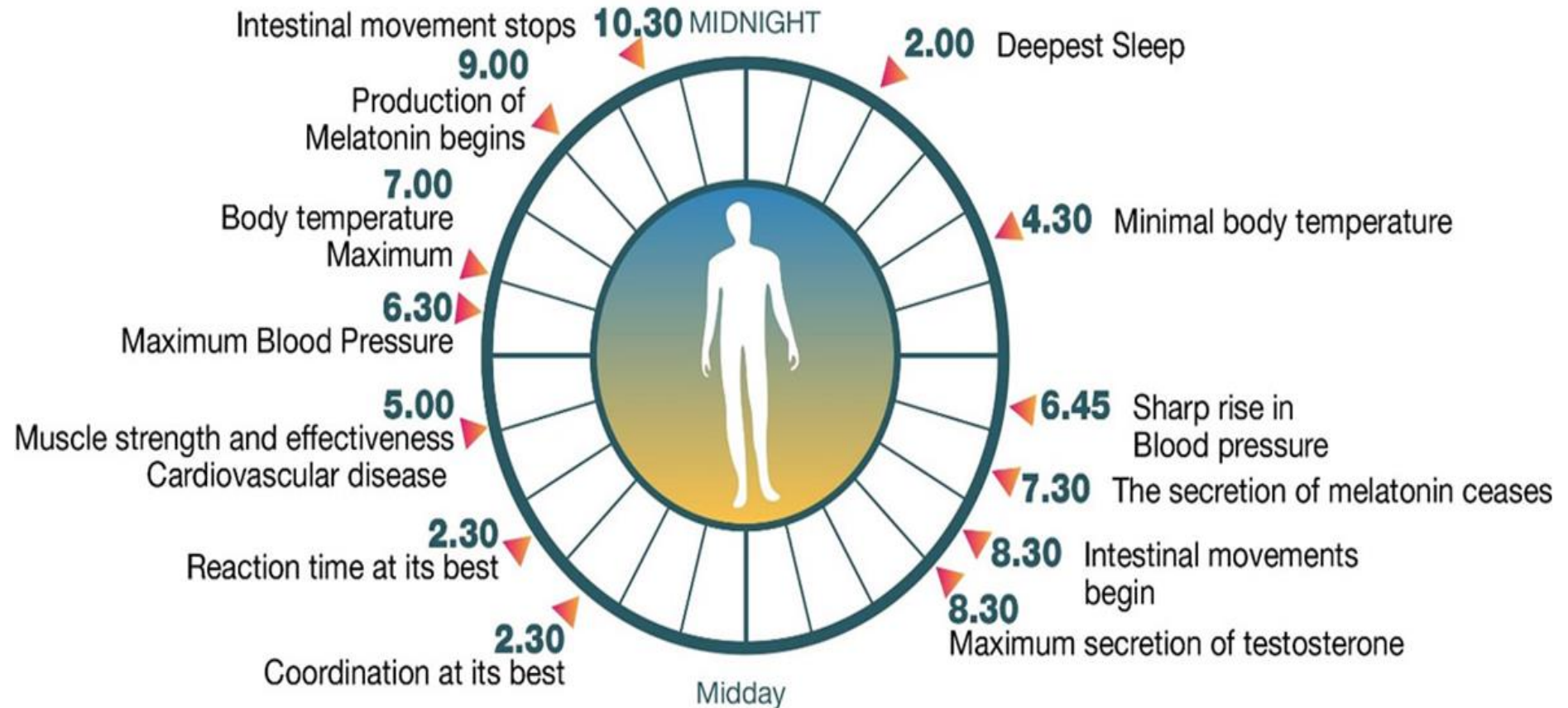
*Adults need about 8.*

*If you are worried you are not getting enough, don't worry, we have top tips for sleep coming up!*



# Circadian Rhythms

If you've ever noticed that you tend to feel energized and drowsy around the same times every day, you have your circadian rhythm to thank! Our biological rhythms are tied to sunlight and darkness which sends signals to our brains to tell us to either go to sleep or wake up! Circadian rhythms also affect other things like mental alertness, physical strength, body temperature and pain sensitivity!



What do you think can get in the way of this process in terms of melatonin not being released due to too much light?

# Sleep Chronotypes

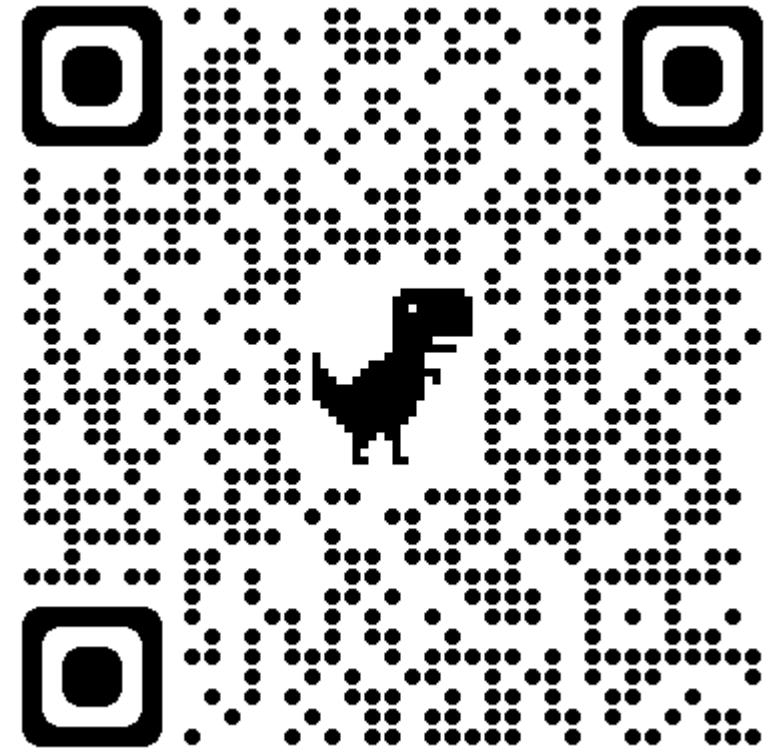


*Some individuals feel more alert earlier in the morning and tired earlier at night whereas others may feel alert later in the day.*

*This difference appears to be mostly biological (influenced by genetics). In sleep research, this biological difference is called a **chronotype** and early risers are referred to as 'larks' while the late risers tend to be called 'night owls'.*

*What do you think you are? Try the quiz*

*[BBC Morning person or night owl quiz](#)*

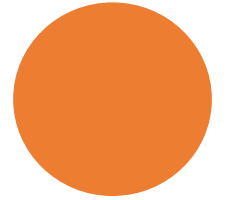


Scan me!

# Teenage Chronotypes

*Teenagers need more sleep than adults, because of their biological rhythms, they naturally like to go to sleep later and get up later, they have an evening chronotype, so they are more likely to be 'night owls'*

*So, they are not always being lazy when they want a lie in at the weekend, their body clocks are wired to want this!*





# Wake up feeling fresh!

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*Have you ever noticed that sometimes you wake up and you feel fresh, ready to start your day, while on other days you feel really groggy, and you would pay a lot of money to have another half hour in bed? This is all down to at what stage of your sleep cycle you wake up during!*

*People are at their freshest when they wake up at the end of a sleep cycle. A sleep cycle will last 90 minutes...let's find out how to wake feeling great...*

# WHEN TO FALL ASLEEP – THE 90 MINUTE RULE

If 9 hours of sleep is required for sleep and you want to get up at 8am, work back 90 minute blocks... you should aim to be asleep as close to 11pm as possible.

[Play me](#)



Why should we take  
sleep seriously?

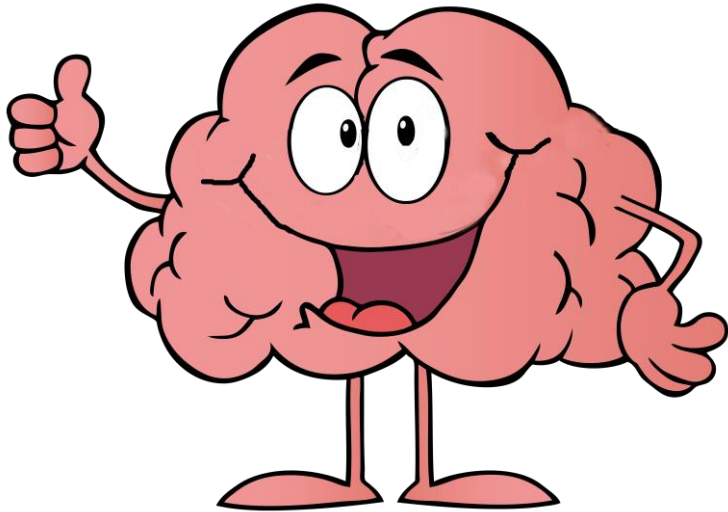
*Because sleep is your  
SUPERPOWER!*

*You will be cleverer and healthier  
with a good night of sleep...*





# Sleep is your superpower...for your brain. Let's take the example of learning...

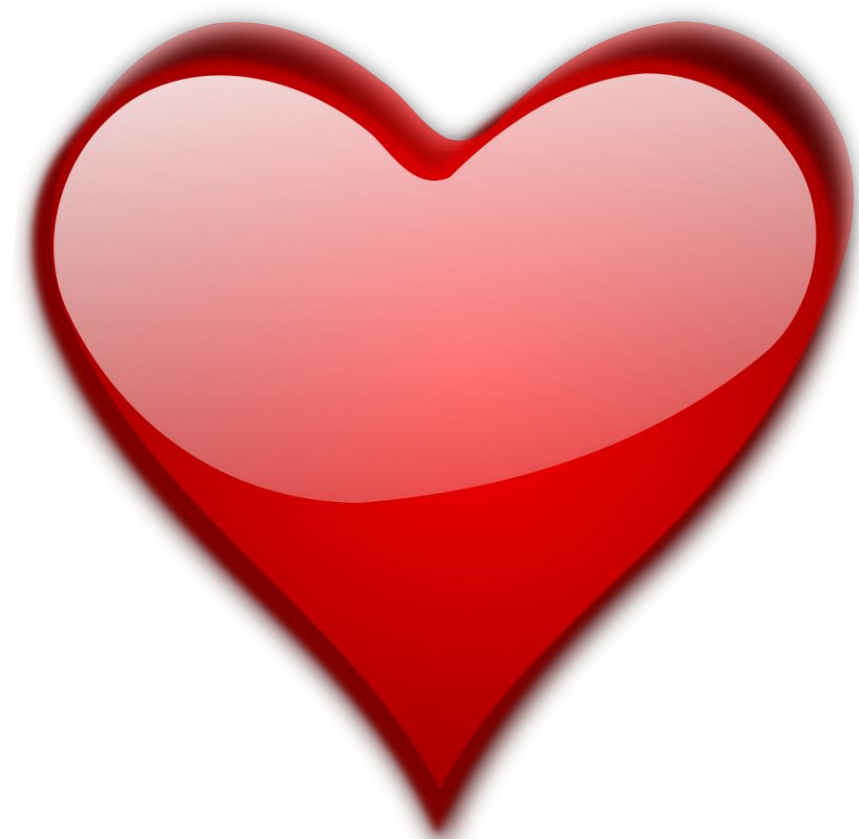


- We need sleep **after** to hit the save button
- We need it **before** learning too – to prepare your brain so it is ready to take in new information
- Without sleep you cannot absorb new learning!
- So, is pulling the ‘all nighter’ to prepare for an exam a good idea?
- Research has shown that those who do this had a **40% reduction in learning** compared with those who had a full 8 hours of sleep - that’s the difference between acing an exam and failing!

# Sleep is your superpower...for your body!

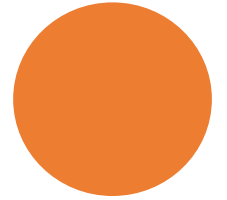
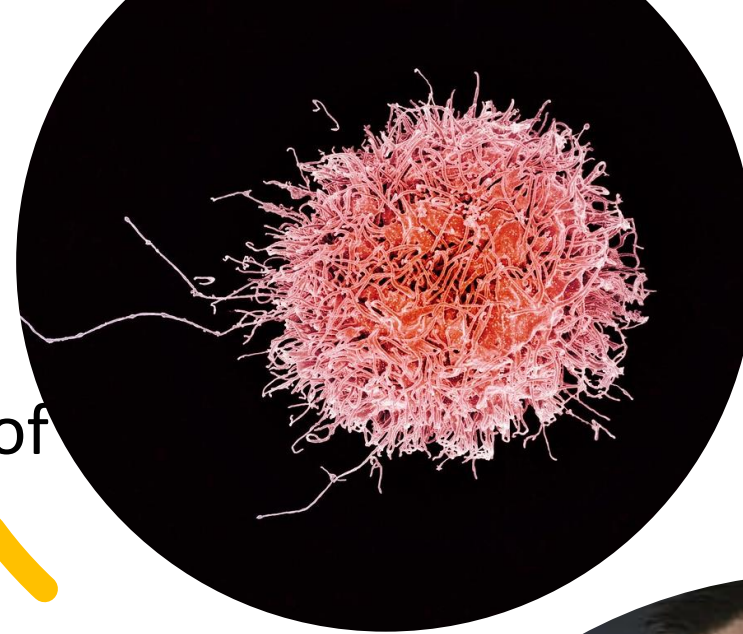
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- Did you know, when we lose an hour of sleep (when the clocks go forward in spring), global heart attacks rise by 24% - car crashes/road traffic accidents go up by around the same percent!



# Sleep is your superpower...for your body!

- Natural killer cells – secret service agents of your immune system
- These are good at identifying dangerous, unwanted elements and illuminating them
- We want a great set of these immune assassins at all times – what we don't have if we are not sleeping enough
- Research shows that there is a **70% drop** in natural killer cell activity after only 1 night of only 4 hours of sleep
- To keep healthy we need to sleep!





# **TOP SLEEP TIPS...**

# SLEEP TIPS – PUT THE SCREENS AWAY

- Stay off electronic devices close to sleep. Around 1 hour before you want to fall asleep.
- The blue light emitted from the screen will trick the brain into stopping the release of the sleep hormone melatonin and delay sleep.
- The stimulation from devices will also make it hard for your brain to 'switch off'



If you must use them for a short time, then use 'night shift' mode. You can access this through the settings – display & brightness section of your phone. This reduces the blue light. Not using them at all is better!

# SLEEP TIPS

- Have a regular wake and bed time – this allows the internal body clock to get into a pattern.
- Try not to change your routine too much at the weekend
- Regularity is king – will improve quality and quantity of sleep



# SLEEP TIPS

Avoid caffeine after lunch.  
Caffeine stays in your body for up to 6 hours and keeps you awake.



# SLEEP TIPS

Avoid eating close to bed time – up to two hours before and avoid sugary/ spicy snacks close to bed time.





# SLEEP TIPS

Avoid napping during the day for longer than 40 mins otherwise you will disrupt your night time sleep.

If you nap during the day but find it hard to sleep at night – skip the nap!!



# SLEEP TIPS

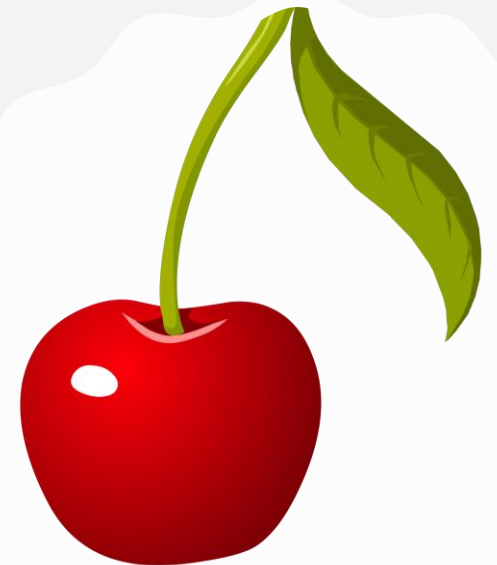
Keep your bedroom cool and dark. Try to stick to a good sleep routine e.g. warm bath, brush teeth, soothing music, breathing exercises, unwind...stick to this and you should see an improvement in sleep.

18 degrees is optimal



# EAT TO SLEEP?

- Cherries and many nuts like almonds contain natural melatonin (the hormone that helps kick start sleep) so eating cherries or drinking cherry juice before bed may just help you fall asleep.
- Milk and other dairy products such as yoghurt contain an amino acid called tryptophan which studies have shown helps to increase melatonin. That's why a warm glass of milk is often used as a sleep aid.



*'Sleep is a non-negotiable necessity. Sleep is the elixir of life, the Swiss army knife of life if you like. So, let's reclaim our right to a full night sleep!'*  
Matthew Walker

Sweet dreams!

