

Sleep



heapsY



**Sheffield
Hallam
University**



The
University
Of
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These resources are provided by HeppSY

- HeppSY stands for Higher Education Progression Partnership South Yorkshire.
- HeppSY is part of a national programme which supports young people in Year 9 to Year 13.
- We provide impartial information and advice and engage with all higher education opportunities to help young people make the best choices for them individually.

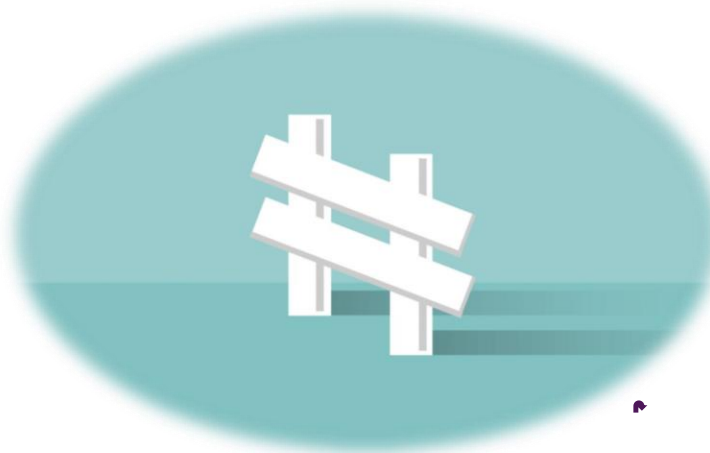
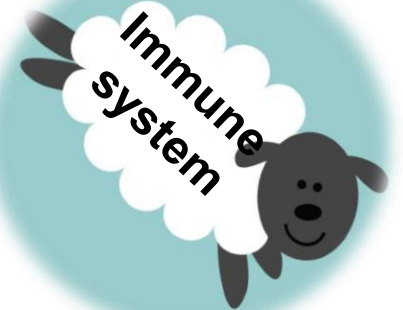
Outcomes

This presentation will help you:

- Be able to identify the study skills that lead to long term success.
- Anticipate academic challenge and proactively put in place support mechanisms for yourself.

Why are we talking about sleep?

Sleep helps with
your...



What happens when you're tired?

- Difficulty Concentrating
- Reduced academic performance
- Irritable and short tempered
- Lack of enthusiasm
- Reduced sporting performance



Why do we sleep?

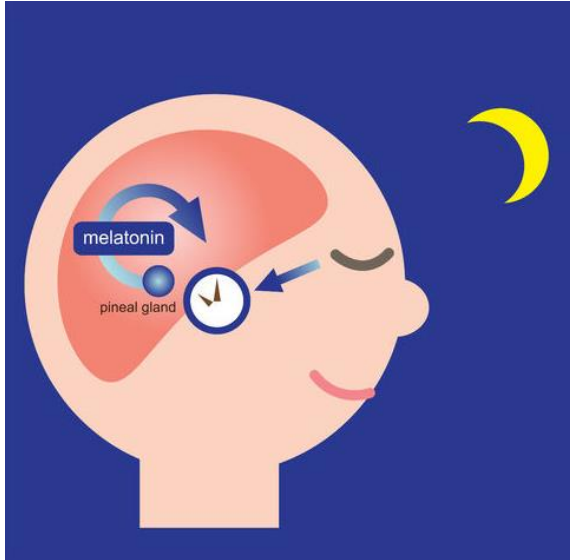
- Restore & Consolidate information
- Rest & Relaxation
- Recovery



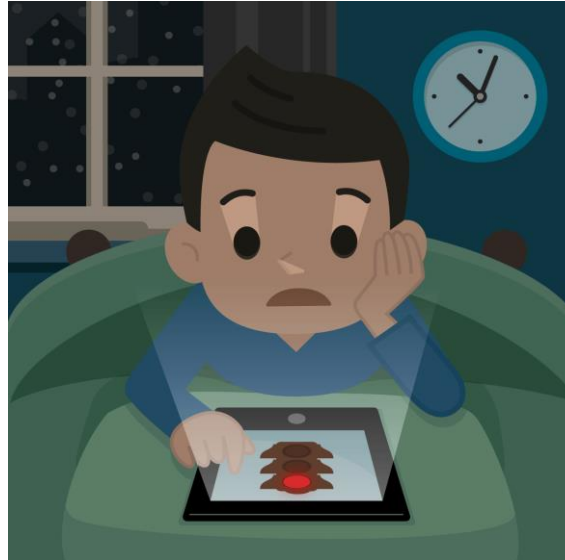
Sleep is the most
important part of
RECOVERY



Melatonin and Sleep



Melatonin is the hormone that regulates the sleep-wake cycle



Screens interfere with melatonin production.



Teenagers release melatonin later in the evening- this is why you fall asleep later!

How many hours of quality sleep does a young person need?

8 to 10 hours

What is quality sleep?

- Sleeping 85% of the time whilst in bed
- Falling asleep in 30 minutes or less
- Waking up no more than once per night



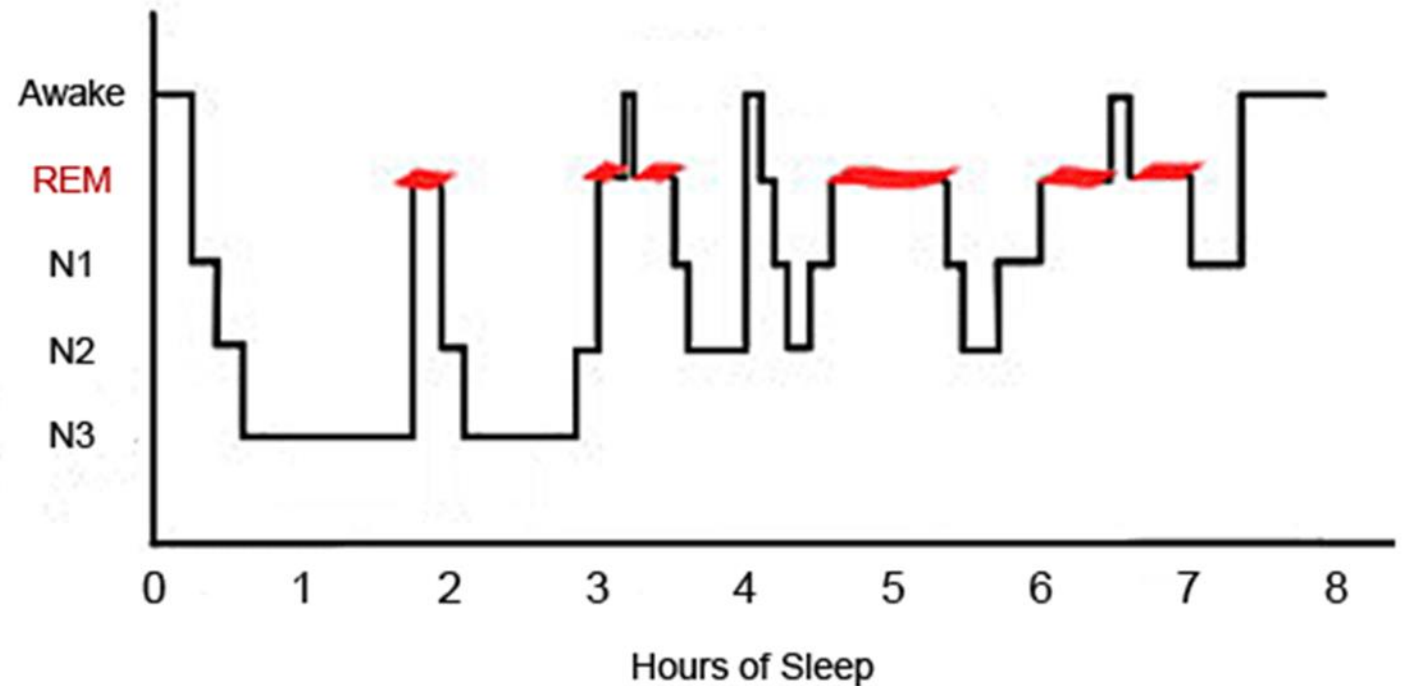
Sleep Cycles

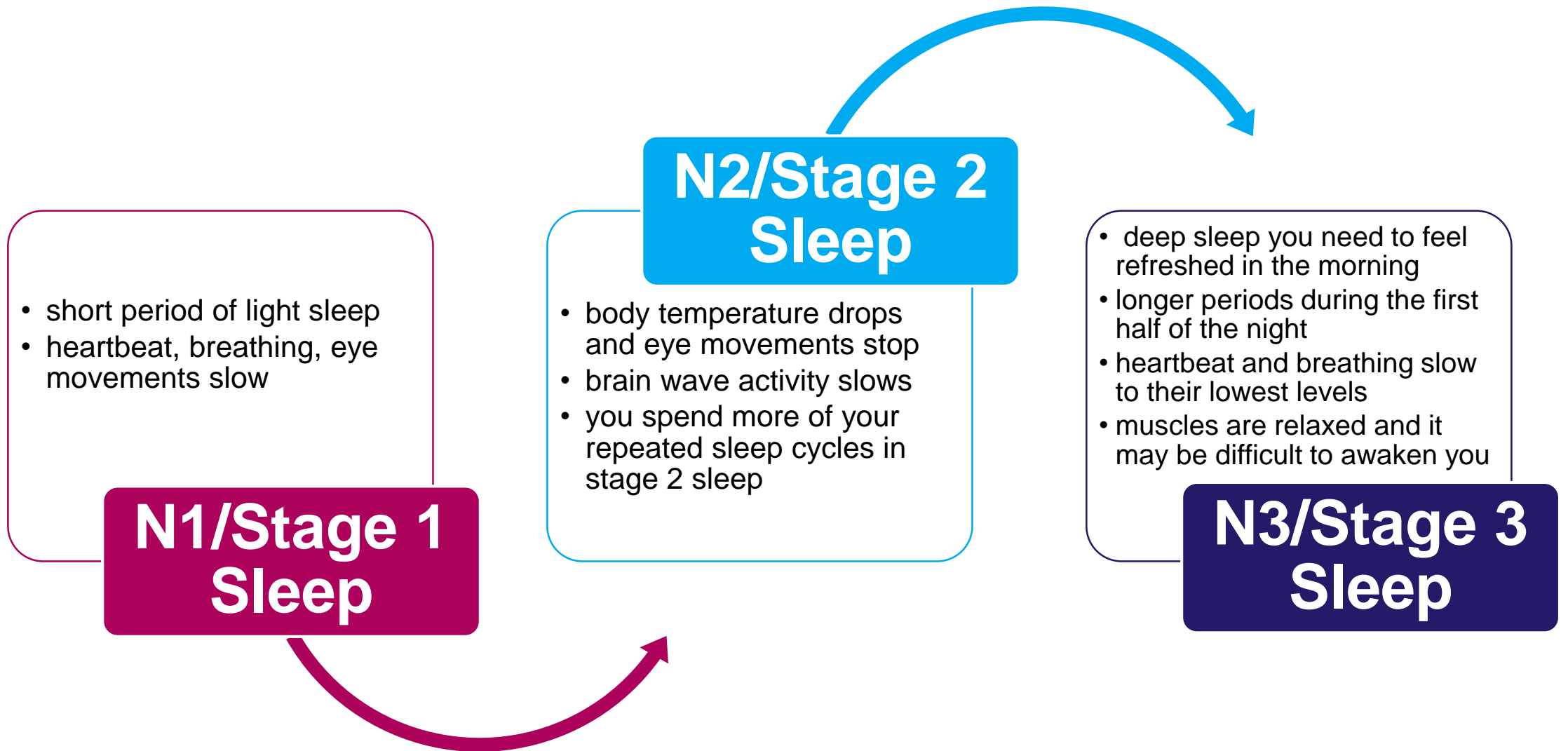
Non-REM sleep: changeover from wakefulness to sleep

REM sleep (90 minutes after falling asleep) :

- your eyes move rapidly from side to side behind closed eyelids
- breathing becomes faster and irregular
- heart rate and blood pressure increase to near waking levels
- dreaming occurs

Memory consolidation requires both non-REM and REM sleep





What are your routines before bed?



What are your routines waking up?



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Routine- before bed tips

- Don't binge before bedtime – eating too much or too little can cause discomfort and may prevent sleep
- Wind down – there's lots of ways to wind down and relax such as taking a warm bath, reading a book, using sleep apps
- Cut out the caffeine in drinks such as cola, tea and coffee, particularly 4 hours before bed.



Routine- waking up tips



- Keep regular sleep hours – going to bed when you're tired and getting up roughly at the same time each day helps teach your body to sleep better.
- Enjoy the daylight – open your curtains or blinds and let in natural light. This can help boost your mood and energy levels.
- Eat breakfast and drink water – it's simple and effective.

True

False

**What we eat
impacts our**

Your diet affects your brain health and activity – this isn't just what you eat, but when you eat too!

S

Blue light from screens interrupts the production of melatonin – the sleep hormone!

**ellent way
ore bed.**

**Having a
before bed c**

Sugar free snacks take longer to digest, so your blood sugar won't spike just before you try to sleep!

Your restful bedroom

The space in which you sleep is equally as important when ensuring you get a good nights rest. If you can't achieve all of these, think about how you might reduce any sleep interferences.

- Ideally a room that is dark, cool, quiet and comfortable
- This bedroom is tidy, has suitable curtains and the student is using a small lamp whilst reading to wind down

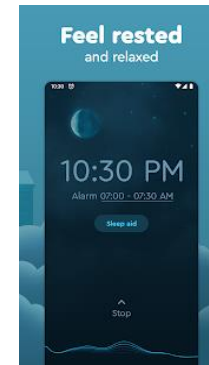
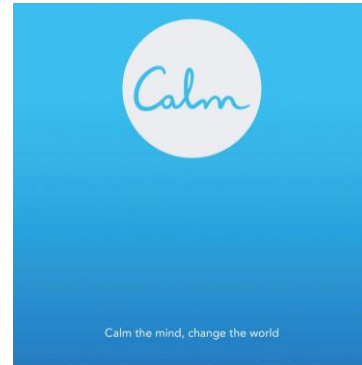


Apps to help with Sleeping

Calm: helps you sleep through music and stories

Pzizz: plays relaxing noises for nap and deep sleep

Headspace: helps you meditate and calm down before bed.



Sleep Cycle: tracks and evaluates your sleep patterns, wakes you at the optimal time so you feel less groggy



HeppSY team's sleep Tips

- Stick to a sleep schedule, even on weekends
- Practice a **relaxing** bedtime ritual and wind down
- Avoid naps in the afternoon
- Exercise during the day
- Use a lamp- enough light for you to see but not too bright to let you doze off



Sleep Quiz

True

False

**Young people need 6-8 hours of
quality sleep**

True

False

Napping during the day helps our sleep

An uncomfortable bed and extreme temperatures (too hot or cold) are causes of sleep issues

True

False

Melatonin is the hormone that regulates sleep

Screens interfere with melatonin production

True

False

Sleep doesn't help with memory and rest

Sleeping doesn't help you as a learner

True

False

**What we eat during the day impacts
our sleep at night**

True

False

There are 5 stages in the sleep cycle

True

False

Quality sleep is when you sleep for
85% of your time in bed

Help and Support

Supporting young people to get a good night's sleep is vital for their mental, physical and emotional well-being.

Any further questions?

www.thechildrenssleepcharity.org.uk

www.facebook.com/thechildrenssleepcharity

info@thesleepcharity.org.uk





Summary

1. Sleep is important because it affects lot of different things like our memory, mental health and immune system!
2. Young people need 8-10 hours of sleep every night!
3. Your bedtime and waking up routines can be tailored to give you a better night's sleep!

Next
steps?

Think about your sleep routines and see if you can make improvements to make sure you get all the sleep you need!

Where next...

Ask!



About:

- Life at university
- Applying to courses
- Student finance
- Careers and skills

Talk!



To:

- Parents/ Guardians
- Teachers
- Careers advisors

Research!



At:

- prospects.ac.uk
- ucas.com
- discoveruni.org.uk
- heppsy/learners

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