
THE IMPORTANCE OF SLEEP

March 2021

LEARNING SOUTH LEICESTERSHIRE
SCHOOL SPORTS PARTNERSHIP



Sleep Guidelines

Adults should aim to get 7-9 hours of sleep per day.

Children and young people should aim to get
9-11 hours of sleep per day.

Sleep Tips

Sleep hygiene is not about cleaning your bed, it is creating a suitable environment for a good nights sleep. Here are some good examples of sleep hygiene:

1. Set up a consistent and appropriate bed time routine. Try to go to sleep at the same time and avoid lie-ins/naps.
2. Avoid eating, consuming caffeine and alcohol late at night.
3. Switch off TV, tablets and phones prior to bed time. Blue lights from screens can suppress 'melatonin', a hormone responsible for sleep.
4. Make sure your bed room is clean, quiet and a suitable temperature.

Sleep Overview

We spend about a third of our lives asleep. Sleep is essential - It is as important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. As you drift off to sleep, your body begins its night-shift work:

- Healing damaged cells
- Boosting your immune system
- Recovering from the day's activities
- Recharging your heart and cardiovascular system for the next day

Regular poor sleep puts you at risk of serious medical conditions, including obesity, heart disease and diabetes – and it shortens your life expectancy.

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