



TIPS FOR HEALTHY SLEEP PATTERNS FOR THE WHOLE FAMILY

As Term 3 progresses, workload and stress levels can increase. It is vital that sleep continues to be a priority for the whole family so everyone can achieve the best that they can be. Below is a list of consequences for lack of sleep and some solutions to help everyone get the sleep they need to perform at their best.

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems.
- Make you more prone to pimples. Lack of sleep can contribute to acne and other skin problems;
- Lead to aggressive or inappropriate behaviour such as yelling at your friends or being impatient with your teachers or family members;
- Contribute to illness, not using equipment safely or driving drowsy.

SOLUTIONS:

- Naps can help pick you up and make you work more efficiently
- Make your room a sleep haven. Keep it cool, quiet and dark.
- Avoid coffee, tea, soft drinks and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.
- Establish a bed and wake-time and stick to it. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns.
- Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you'll fall asleep much more easily!
- **GET THE COMPUTER AND MOBILE PHONE OUT OF THE BEDROOM!!!**