

3RD-6TH GRADE SLEEP

Created by Ms. Davis

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP
AND
STRETCH



DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



Thankful Journal

Date: _____

On a scale of 0-10, how are you feeling today? 0 is the worst day ever, 5 is okay and 10 is the best day ever. You can be the numbers in between as well.

Today's Score:

0 1 2 3 4 5 6 7 8 9 10

Why are you feeling that number today? _____

Today I am thankful for: _____

Do You Get Enough Sleep?



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What we're going to talk about today...

Talk about how sleep affects your overall mental health.

- What gets in the way of good sleep?
- Recognize signs of concern in yourself and others.
- Empower you to make healthier sleep choices.





**Sleep is not optional:
It is physically, mentally,
emotionally, and socially
NECESSARY.**

**If you're not getting enough sleep =
Your body and brain will tell you.**



Let's figure this out...

- What time did you go to bed last night?
- What time did you get up?
- How much total sleep did you get?

For example:

I went to bed at 10 pm & woke up at 6 am. That's 8 hours of sleep.

Hours of sleep: 5, 6, 7, 8, 9, 10?



What are some things that get in the way of good sleep?



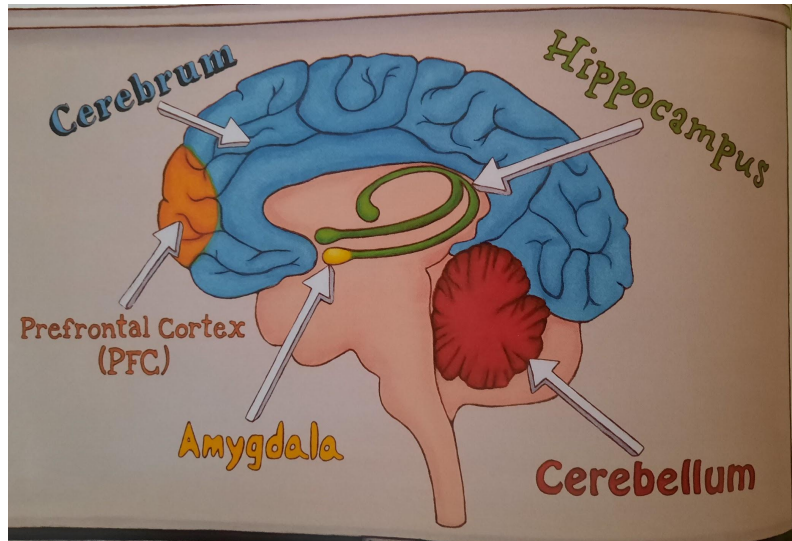
Barriers to Sleep

- Being busy! (sports, church, lessons, family stuff)
- Anxiety, depression, attention disorders
- Your environment
- Technology (screen time)
- Video games
- Poor time management (waiting until the last minute)
- Homework



***Blue light from screens = stimulates our brains to stay awake**

Why Does Your Brain Need Sleep?



- Your brain is still developing until you're 25.
 - A "wiring upgrade" occurs between ages 12-25.
 - The Prefrontal Lobe is among the last areas to develop & there are significant changes happening.
 - Prefrontal Lobe = #adulting part of your brain
-

Why Does Your Brain Need Sleep?



(Click on pics to link to video.)



- Sleep is **FOOD** for the brain.
- Consolidating memories
- Processing emotions
- Refreshing cells in your body
- Clearing out build up waste materials in your body
- Your brain as to defrag, update, restart just like a computer.



Click picture to link
to video.

**What a good
night's sleep does
for the brain.**

So How Much Sleep Do Kids Need?

-8 to 10 hours EACH NIGHT (ages 10-22)

-The natural sleep cycle for ages 10 to 18, is 11 pm to 8 am.

-The brain hormone *Melatonin* is produced later at night for ages 10-18, than for younger kids and adults.

-Deeper and longer sleep allows for more restoration.

-Regular and consistent sleep is the most healthy.



What's Really Happening?

- The majority of kids ages 10-18 do NOT get the sleep they need.
- Sleep patterns are often shared among families.
- Preteens & teens tend to have irregular sleep patterns during the week.
- After school activities can make for late nights.
- Increased caffeine & sugar can work against your body & sleep.





**What happens
if you don't get
enough sleep?**



How can I tell if I'm not getting enough sleep?



**Falling asleep during class.
-decreased academic
performance**

**Difficulty waking up in the morning
(increased absence or being tardy).**

Not able to concentrate.

- Trouble with memory**
- Poor decision making**
- Reduced problem solving**
- More sleep-related car crashes among young drivers**

Feeling moody or depressed.

- higher levels of depression, anxiety & panic attacks.
- difficulty getting along with others
- increase in risky behaviors
- Hyperactivity
- Aggression
- Negative outlook on life.
- Increase in suicidal thoughts

How can I tell if I'm not getting enough sleep?





**What helps you
sleep?**



Ideas to help your sleep

- Set a regular bedtime
- Maintain a regular wake time
- Avoid caffeine & sugar before bed
- No late night snacking
- Stop technology 1 hour before bedtime
- Charge the phone/tablet/iPad away from your bed





-Avoid violent, scary or action movies/tv before bed.

(They put you in your Brain Stem = Survival State)

-Listen to soothing music

-Breathe

-Tune into your senses: taste, smell, hearing, touch, sight

- Keep lights low**
- Keep room dark and cool**
- Maintain quiet or use nature sounds to block out distractions**
- Use the bed only for sleep (no eating or homework)**



Sweet Dreams

