

# PSHE Theme: Snoozing to success - the benefits of rest and getting enough sleep



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# PRAYER

*Father, sometimes I can't rest because what I face looks impossible. And yet, you tell me in Luke's Gospel the things that are impossible with men are possible with you. In fact, you love it when you work out the impossible. Then there's no question who did it. It had to be you.*

*God, You tell me in John chapter 14 that I should not let my heart be troubled. Father, help me to keep my mind on you and how big you are when my circumstances start to weigh me down,*

*You are God Almighty. Lord, you are the one who never gets tired. You give strength when I am weary. When I feel weak, you will give me power. Help me remember that your power is unending. Amen, St Joseph...*

## STARTER:

In 2012, a 26 year old man decided he would stay awake to watch every single European Championship football game, live.



## Reflection:

- What do you think happened? Why?
- Describe the symptoms of sleep deprivation.
- Explain why you think our bodies need sleep.

# Snoozing to success - the benefits of rest and getting enough sleep

## Key terms:

**Sleep deprivation** - the term used when a person has had a lack of sleep, which presents itself through negative physical and mental symptoms.

**Melatonin** - a hormone which regulates sleep and wakefulness.

**Cognitive function** - a term for the workings of the mind including memory function, concentration and decision making.

## PSHE Outcomes:

Correctly identify the symptoms of sleep deprivation and the benefits of quality sleep.

## STARTER REVIEW:



The longest scientists have ever been able to observe a person staying awake and fully recover with no major health implications is 10 days. A study on rats showed that they all die after 14 days with no sleep.

The 26 year old Chinese man died after 11 days of staying awake. His doctor said: 'Jiang was in good health. But staying up through the night and not sleeping enough weakened his immune system and he drank and smoked while watching the football, triggering his condition.'

Staying awake for 11 days wasn't the cause of death, but the severe effects of sleep deprivation cannot be underestimated. full

article can be printed here: [https://www.huffingtonpost.com/2012/06/27/man-dies-11-days-no-sleep-deprivation-jiang-xiaoshan\\_n\\_1631703.html](https://www.huffingtonpost.com/2012/06/27/man-dies-11-days-no-sleep-deprivation-jiang-xiaoshan_n_1631703.html)

As you know, the virtues that we must practice this half term is to be eloquent and truthful. The ability to speak eloquently and with confidence, persuasion and flair is a special power not to be underestimated. An important life skill and critical to school and the workplace is effective communication which helps us express our ideas and opinions, understand others, solve problems and much more.

While it's important to speak eloquently through practice and learning; a good night's sleep is essential for effective communication, no matter how strong your skills may be. Not only does sleep leave us feeling rested and energised for the day, but studies have shown that it has a significant impact on our communication skills.

With a good night's sleep and communication confidence in hand, you'll be a force to be reckoned with at your next big presentation, meeting or job interview.



## Task One:

So what happens if we are sleep deprived and why is this a common problem?  
Watch the clip and be prepared to answer questions.

<https://www.youtube.com/watch?v=xxxWv6PM4EM>



## Relection Questions:-

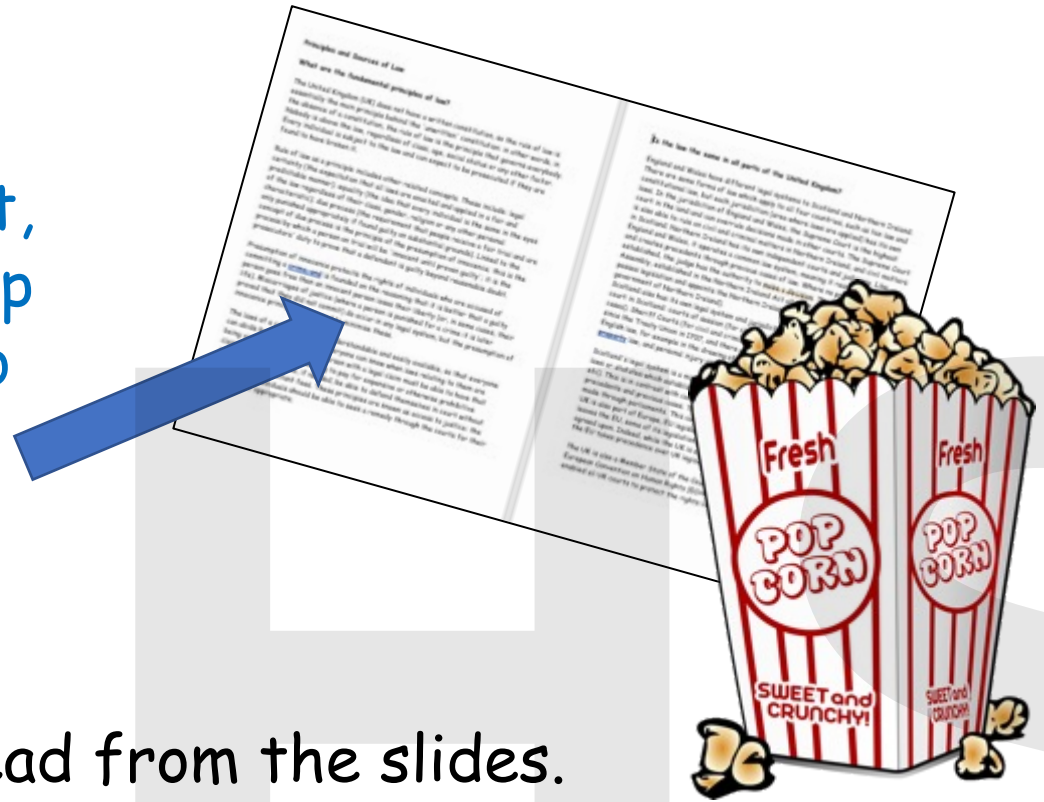
- Which hormone is lowered by having the right amount of sleep?
- Why does sleep help basketball players? Name THREE things that it improves.
- What is the problem of using a mobile phone before bed time?
- Explain the link between cortisol, stress and sleep.
- Is studying before bed always a good idea? Explain your answer fully.
- Which tip seems like the best one for getting a good night's sleep? Why?
- For each of these hormones, explain its importance to the body and what it has to do with sleep: cortisol testosterone melatonin
- Why do you think that sleep affects the ability to empathise with others?
- To what extent is it possible to train the body into a routine of falling asleep? Explain your answer fully.

## Task Two:

We will now find out more about sleep, why we all do it, the benefits of quality sleep and some tips on what to do if you are struggling to get to sleep.

## POPCORN READING!

Please take it in turns to read from the slides. When one person has finished reading a paragraph, please raise your hand to volunteer to read. Listen carefully and read eloquently.





# The Benefits of Sleep

## What actually is sleep and why do we do it?

Sleep is a natural and regularly-occurring state in humans and other animals. During sleep, our nervous system becomes less active and our consciousness is diminished, meaning that we're not as aware of or responsive to stimuli from the outside world.

Although scientists are still trying to understand exactly why we sleep, it's clear that sleeping is necessary to survival. Anyone who's been without sleep can confirm that it feels horrible not to have had enough! Sleep is essential for the nervous system; a lack of it can significantly impair a person's memory, physical and cognitive functions. Some scientists believe that sleep allows our neurons to repair themselves.



**SLEEP MATTERS!**

There are five stages of sleep that most of us go through each night. These are stages 1, 2, 3, 4, and REM (Rapid Eye Movement) sleep. Nearly 50% of our time asleep is spent in stage 2 (except for babies and infants, who spend nearly 50% in REM sleep). Stage 2 sleep is where our brain waves become slower and our eye movements stop. As the sleep progresses into stages 3 and 4, our brains produce very slow waves called delta waves. When we're in this state, it's very hard for anyone to wake us up, and if they do manage to wake us, we feel groggy, sick, confused and disoriented.



During REM, breathing changes to become shallower, or more rapid. Our eyes begin to move very rapidly (hence the name Rapid Eye Movement sleep). Heart rates and blood pressure also increase during this phase. It's also during REM sleep that most people experience dreams. Dreams are still very poorly understood by scientists - nobody knows exactly why they happen.

## How much sleep do I need?

The amount of sleep needed varies from person to person. A big factor in the amount of sleep a person needs is their age. For example, infants need to sleep for around 16 hours a day. Teenagers need on average 9 hours of sleep per night, and most adults require 7-8 hours of sleep per night.

## What happens if I don't get the right amount of sleep?

Prolonged lack of sleep is a very serious problem, and can have extremely negative effects on your body. You can become forgetful, irritable, start having mood swings and/or depression. A study by the Mental Health Foundation found that people who didn't get enough sleep were four times more likely to suffer from lack of concentration and relationship problems, as well as being 3 times more likely to be depressed. Researchers at the University of Warwick found that continually getting under 6 hours of sleep can make you 48% more likely to die of heart disease. Sleep has also been linked with life expectancy; adults who sleep for 7-9 hours a night live longer than those who sleep for less or longer. A lack of sleep can also affect your immune system, making you more likely to become ill.

## So what are the benefits of sleep?

Sleep will help to improve your memory and sharpen your attention span. It's during sleep that your brain consolidates your learning from the day, so it's important to make sure that you are getting sleep if you want to be able to remember those important skills, facts and other things you'll need in exams! Having had enough sleep will also help you to take in your learning while it's happening in the classroom, as sleep affects your concentration.

Sleep reduces stress and is one of the best ways of reducing the impact of stress, thanks to the melatonin that's released during the process of sleep. It also reduces levels of inflammatory proteins in the blood, which reduces the chance of developing conditions like diabetes, heart disease, arthritis and premature ageing.

If you've been working out, then sleep is where your muscles will do their growing: during sleep, your brain sends signals to increase testosterone and growth hormone production, which promotes the growth of muscle. So if you're aiming to develop your physique then sleep is going to be an important part of that process. Similarly, if you're aiming to lose weight, then the increased levels of growth hormone produced during sleep will help in the breakdown of lipids and will help prevent the storage of fat.

### What do I do if I can't sleep?

There are several things you can do to encourage a good night's sleep:

- have about 30 mins of wind-down time before bed, where you do something relaxing like reading or listening to a podcast.
- **Do not use your mobile phone**, as the glare from the screen can alert your brain and make it harder to fall asleep.
- Make sure you've done some exercise during the day, as this will make your body more tired.
- Don't drink anything with caffeine in it too close to bed time, as this stimulates your nervous system.

**If you find yourself unable to sleep well over a longer period please tell someone who you can trust and will help you.**

Copy and paste the link below and go to the word search puzzle. Find each of the words and eloquently link to the topic of the importance of sleep.



<https://thewordsearch.com/puzzle/4723319/sleep/>

