



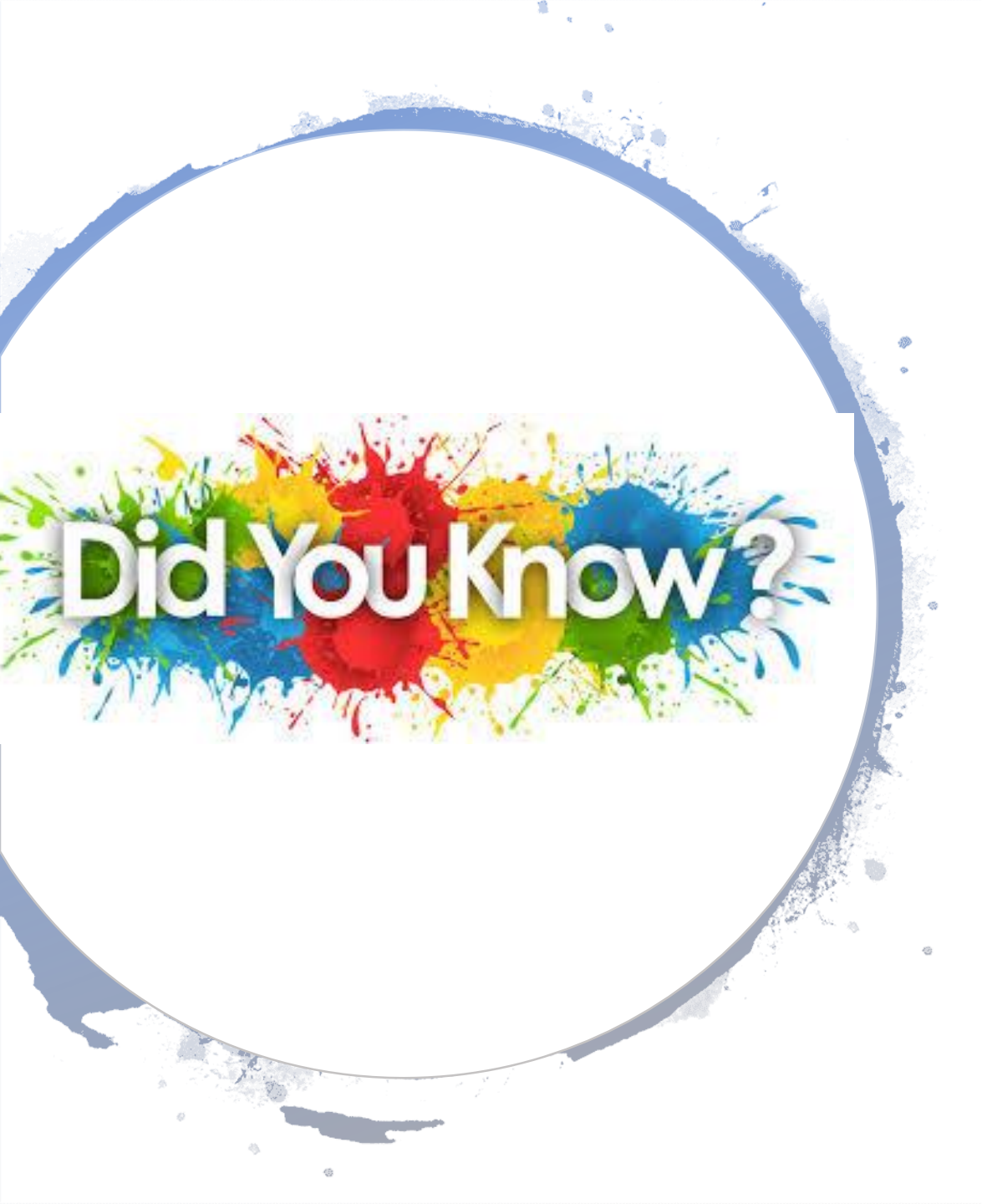
Wellbeing

# Maintaining good well-being whilst in lockdown

Primary : Week 5 - Sleep

Sleep and the  
links to well-  
being





...that the amount of sleep you get can affect:

- our feelings
- how much we worry about things
- how we act without thinking
- our school work



**The recommended amount of sleep for children and young people is:**

aged between 6 to 13 years: 9-11 hours

aged between 14-17 years : 8-10 hours.

(Source: [sleepfoundation.org](https://sleepfoundation.org))





# What disrupts our sleep?

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Caffeine (Tea, Coffee, Cola)

Energy Drinks

Worrying about things

The light from electronic devices

If the room is too hot or too bright

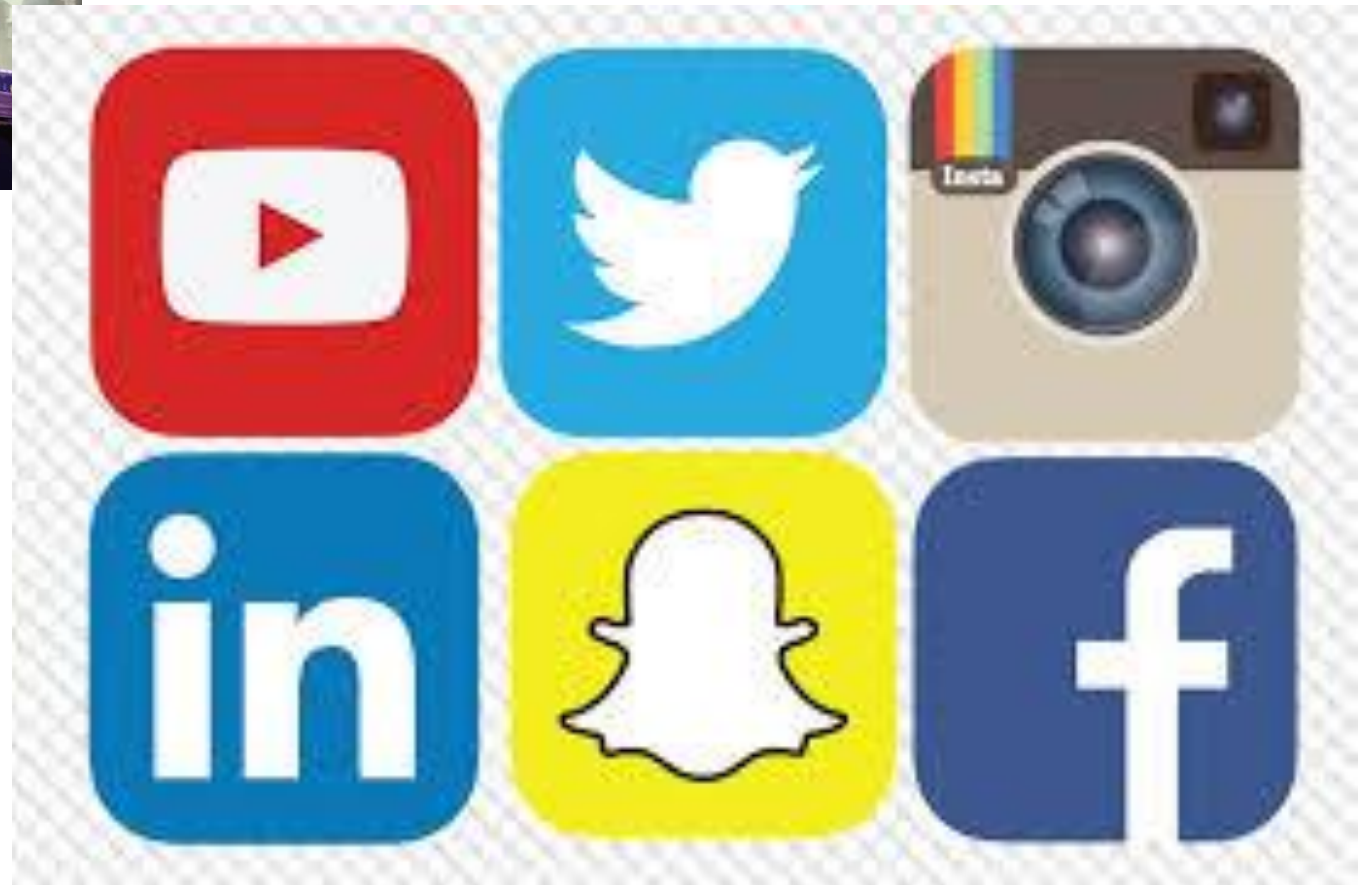




# FORTNITE

Social media and gaming helps us to connect with friends and is a crucial part of everyday life.

However, sometimes the fear of missing out on what is going on might mean that you are tempted to access them when you would normally be asleep.





## Top Tips for good sleep

According to the Sleep Foundation here are some top tips for a good night's sleep:

- Go to bed and wake up at the same time every day
- Follow a steady routine before bed, including time to unwind and relax
- Don't have big meals or lots of caffeine an hour or two before bed
- Reduce use of electronic devices and activate the 'blue light' filter
- Get outside or open curtains/blinds to get daily light
- Find time to be physically active every day







Listening to waves crashing

<https://www.youtube.com/watch?v=lk17RkuGPmY>



# Apps and websites which could help!

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# Take Care of yourself too!

It is really normal right now to be feeling lots of different feelings about what may be happening around you. Sometimes though, everyone needs a bit more help. For more help, advice and support don't be afraid to contact:

<https://www.forwardthinkingbirmingham.org.uk/>

# Kooth



Kooth is a safe, confidential and anonymous way for you to access emotional wellbeing and mental health support. It is widely used across the country and is well rated by other young people. It is free for you to use. Check it out here:

<http://www.kooth.com/>