

Here are a few interesting facts about sleep...

Taken from a presentation by Sarah Blunden: Australian Centre for Education in Sleep

ABOUT SLEEP

The following will probably amaze and startle you.

- **5 year-olds need 11 hours sleep per night.**
- **10 year-olds need 9 ½ hours sleep per night.**
- **Adolescents need 9 ¼ hours sleep per night.**
- **Adults need 7 – 9 hours sleep per night.**
- **Children who don't sleep or don't sleep well (including snorers) usually:
are grumpy and fidgety,
loose co-ordination,
can have peer relation problems,
have an 80% higher risk of developing depression, and are more likely to be overweight.**

At Primary School age, hyper-activity is a sign of lack of sleep.

The difference of ½ hour per night is crucial!

Good Sleep Hygeine means:

- **NO TV or computer at least 1 hour before bed,**
- **NO mobile phone in bed,**
- **NO caffeine 3 – 4 hours before bed,**
- **NO vigorous exercise 1 hour before bed,**
- **NO eating 2 – 3 hours before bed,**
- **have a comfortable bedroom, and**
- **have a relaxing bed time.**

Are you getting the amount of sleep you should every night?