

Student wellbeing

Why sleep is so important.

Getting enough sleep is one of the most important things you can do for your health and wellbeing. Sleep lets your mind recharge and process information. It's the only part of the day that your body gets to rest and repair. Sleep can help you feel better, think more clearly and concentrate better. It gives you energy to complete tasks and can make you more alert.

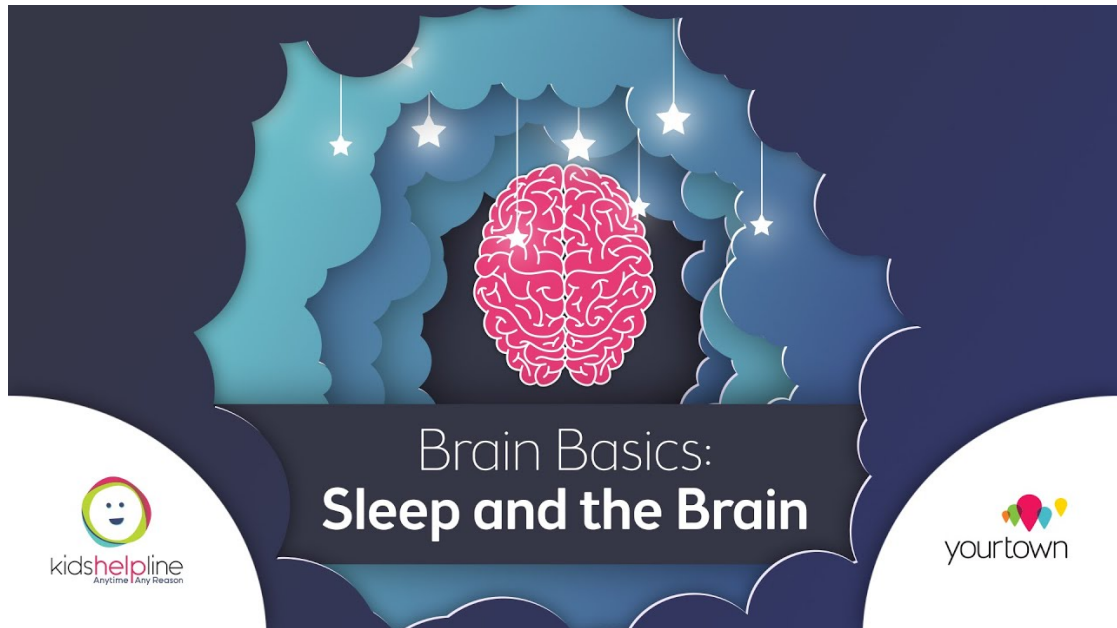
Without enough sleep you may have problems with thinking, concentrating, memory, reaction times and mood.

Teens need between 9 and 10 hours of sleep each night to function best.

The power of sleep

It may feel like nothing much goes on when you're asleep, but the mind and body are working hard. This hard work means benefits like:

- Improved memory
- Sharper attention
- Lower stress
- Increased energy
- Repaired muscles
- Improved mood
- Improved creativity
- Better decision-making
- Improved physical health
- Stronger immune system
- Boost in brain power
- Better mental health



Sleep and your brain - Scientist Lee Constable explains how sleep benefits your brain.

How can students get more sleep?

- Turn off devices at least 30 minutes before bed
- Enjoy some exercise during the day
- Have a regular bedtime and waking up time – and stick with it!
- Develop a calming bedtime routine (quiet & soothing activities)
- Try not to nap during the day. If you do, keep it under 20 minutes
- Create the right sleeping environment (dark, quiet, cool)
- Avoid stimulants before bed (sugar, coffee, coke, tea)
- Get any worries off your mind by writing them down before going to sleep
- Make sleep a priority! Ensure you get at least 9 hours of sleep per night