



➤ **The Benefits of Good Sleep**

Quality sleep is crucial for our physical and mental health. It improves cognition, concentration, productivity, and overall mental health.

- ❖ Sleep helps support memory and learning
- ❖ Sleep helps clear waste from the brain and promote brain health
- ❖ Sleep supports brain health, and brain health supports sleep
- ❖ Sleep supports immune health, and immune health supports sleep
- ❖ Sleep helps the immune system to clear bacteria and viruses
- ❖ Sleep helps to recycle old cells and maintain our bodies and energy level

➤ **How much sleep does everyone need?**

- ❖ Toddlers and babies need 12 to 17 hours
- ❖ Children need 9 to 13 hours
- ❖ Adults need 7 to 9 hours

➤ **How to achieve a good night sleep?**

- ❖ Keep regular sleep hours
- ❖ Create a relaxing bedtime routine
- ❖ Stop using electronic devices before going to bed
- ❖ Avoid stimulants after lunch
- ❖ Make at least 7 hours per night your goal, or 9 hours for a child.

www.teensleephub.org.uk

www.thesleepcharity.org.uk

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Other/Sleep-hygiene-3276-PIL.pdf

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)