Peer Education Project

Mental Health Foundation

# Sleep:

## Finding our confidence with sleep

Assembly

# Introduction

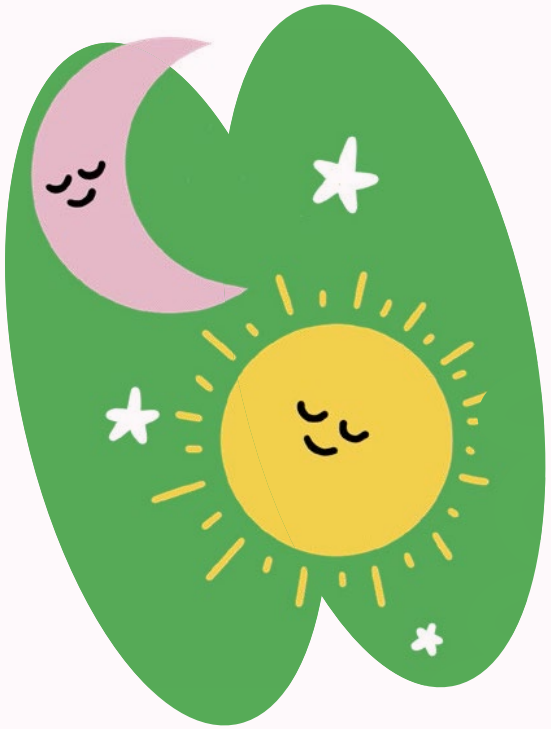
## This assembly will cover:

- What sleep is.
- How important sleep is for our mental health and wellbeing.
- The different ways we can promote good sleep health for ourselves.

# What is sleep?

Sleep is an essential function, regulated by two complementary processes.

- Process ‘C’



- Process ‘S’

# What is sleep?

## Sleep helps our bodies and minds recover and heal from the day by:

- Boosting our immune system.
- Helping us manage our hunger.
- Preventing some health conditions.
- Improving our concentration.

# What is mental health?

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Moods

Behaviours

Mental health is made up of our thoughts, feelings, moods, and behaviours.

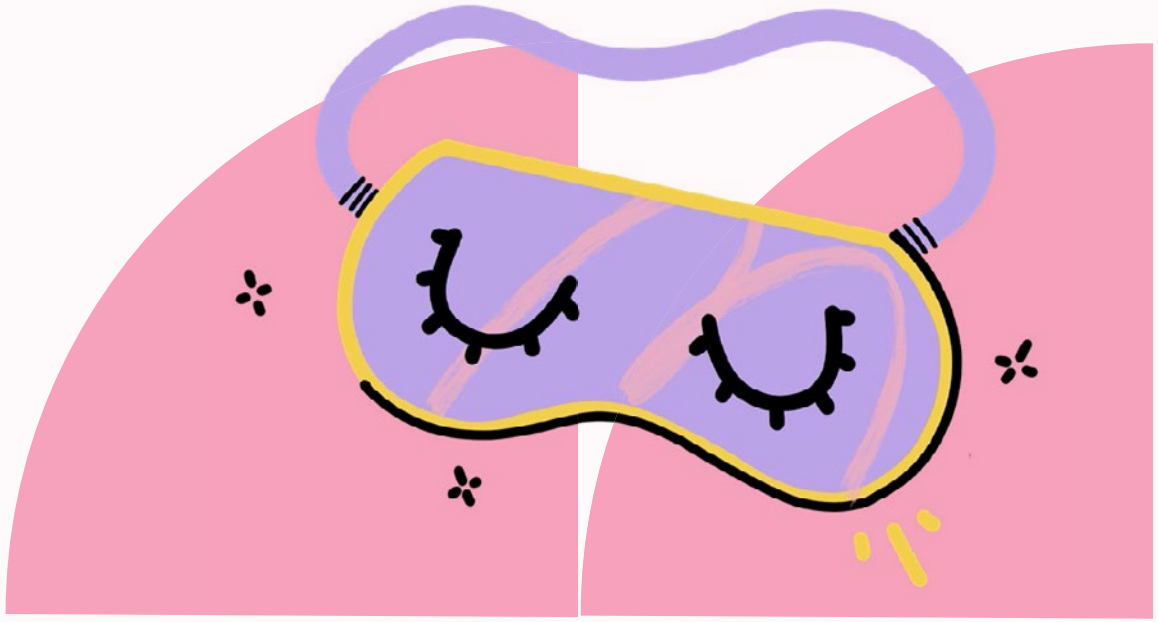
Thoughts

Feelings

# Why is sleep important for our mental health?

## Good sleep can improve our ability to manage our:

- Feelings
- Emotions
- Behaviour
- Recall memory
- Concentration



# Why is sleep important for our mental health?

## Poor-quality sleep can make us feel:

- Low
- Anxious
- Irritable
- Confused
- Unable to concentrate
- Unable to manage our emotions or the challenges in life

**44%**

**of young people report difficulty sleeping.**

# What is good sleep health?

## Good quality sleep is when:

- The time it takes to fall asleep is less than 30 minutes.
- Wakefulness once asleep is under 30 minutes.
- We achieve the recommended sleep length for our age.
- The percentage of time in bed spent asleep is more than 85%.

# The principles of good sleep

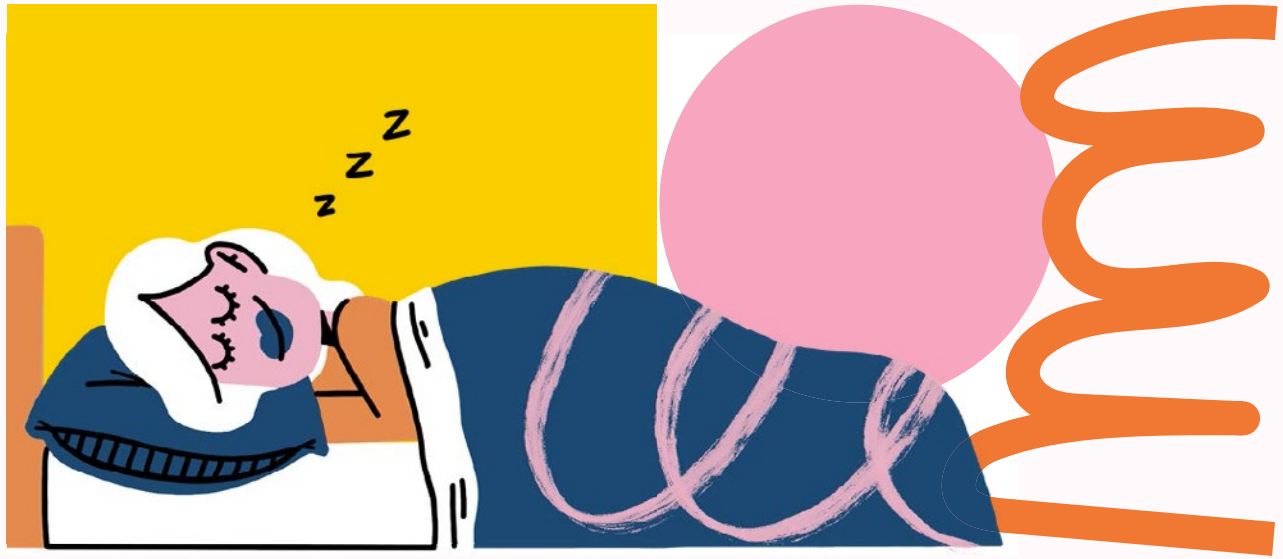
1. Value our sleep.
2. Prioritise our sleep.
3. Personalise our sleep.
4. Trust our sleep.
5. Protect our sleep.

# The principles of good sleep

## 1. Value our sleep.

Sleep is essential for life, and we need to take sleep seriously.

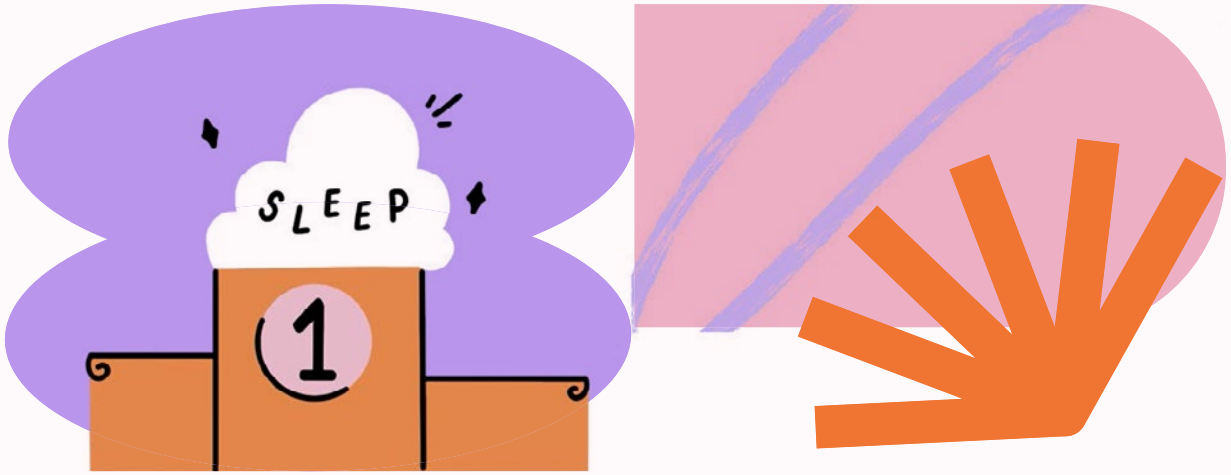
**TOP TIP:**
**Create a sleep zone in your bedroom.**



# The principles of good sleep

## 2. Prioritise our sleep.

We need to put sleep first when making choices about what we want to do.




**TOP TIP:**
**Reduce screen time at bedtime.**

# The principles of good sleep

## 3. Personalise our sleep.

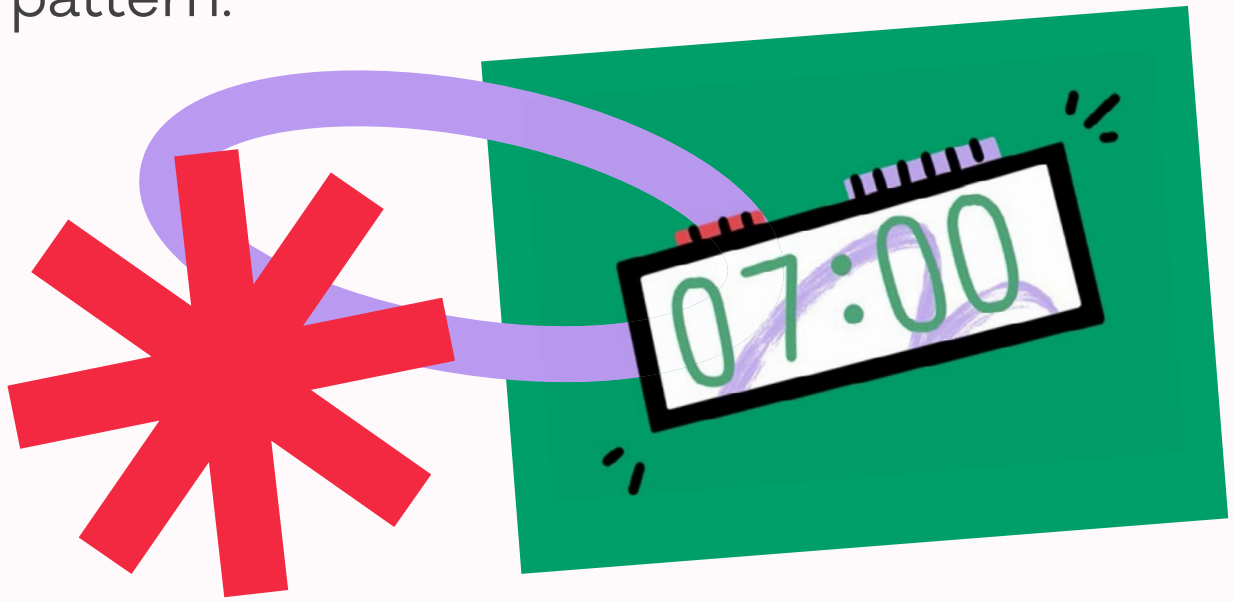
We need to find the 'sleep window' that works best for us.

**TOP TIP:**
**Use a sleep diary to track sleep patterns.**

# The principles of good sleep

## 4. Trust our sleep.

Sleep is a natural process, and our sleep will get itself into a good pattern.




**TOP TIP:**

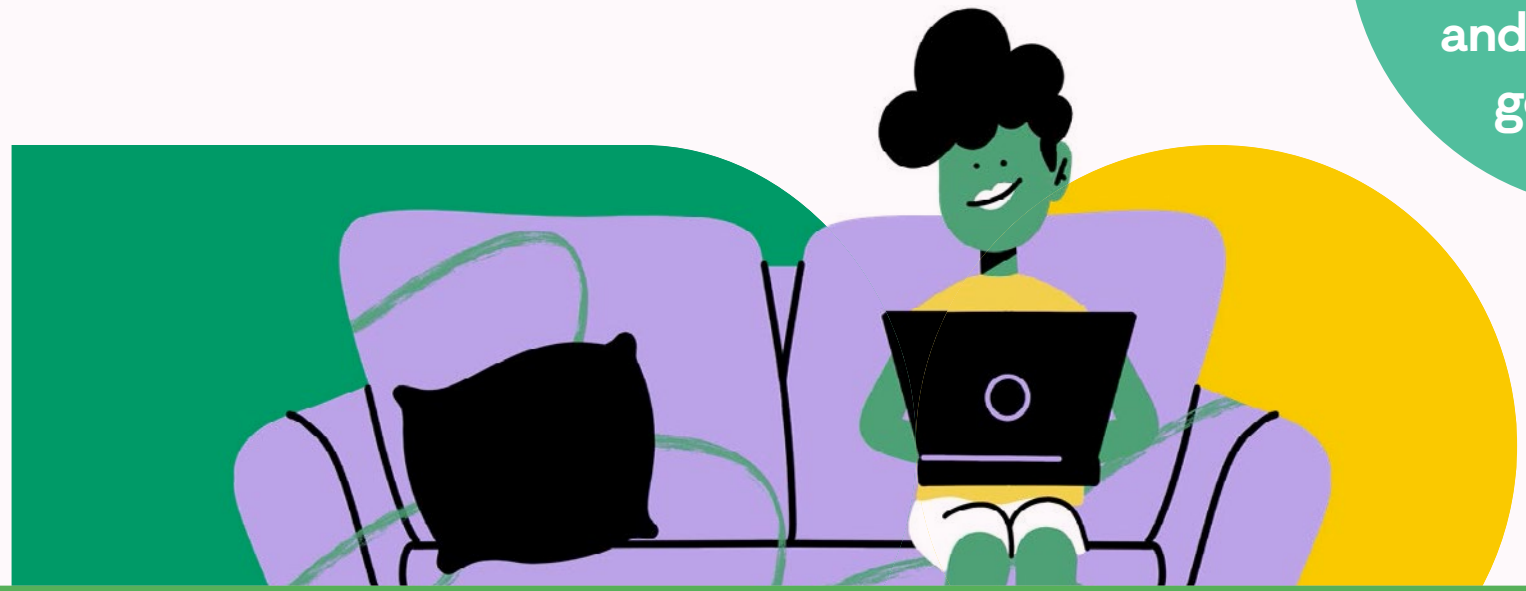
**Be patient. It is trial and error finding patterns and routines for good sleep.**

# The principles of good sleep

## 5. Protect our sleep.

Lifestyle factors are the things we do and consume during the day, and as we prepare for sleep.

**TOP TIP:**
**Be patient. It is trial and error finding patterns and routines for good sleep.**



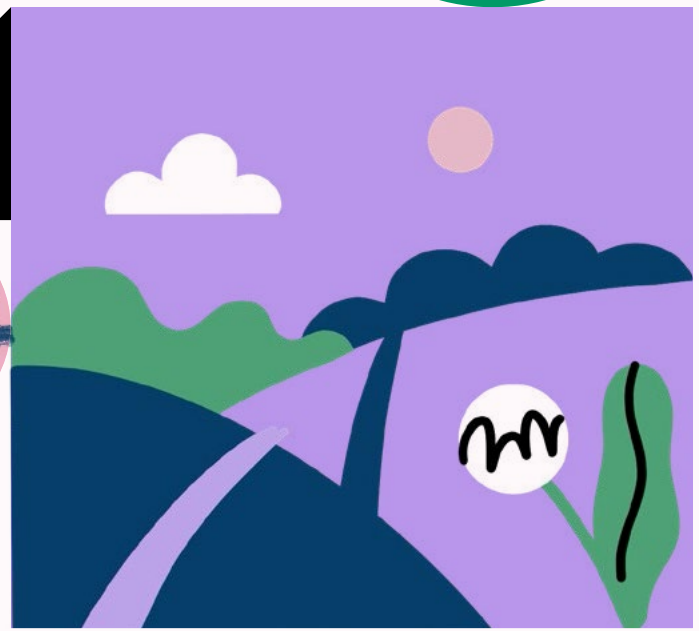
# The principles of good sleep

## 5. Protect our sleep.

Environmental factors refer to the spaces around us when we are trying to sleep.

**TOP TIP:**

**Speak to someone at home or another trusted adult to help minimise the effects of environmental factors.**



# Why can good sleep health be difficult to achieve?

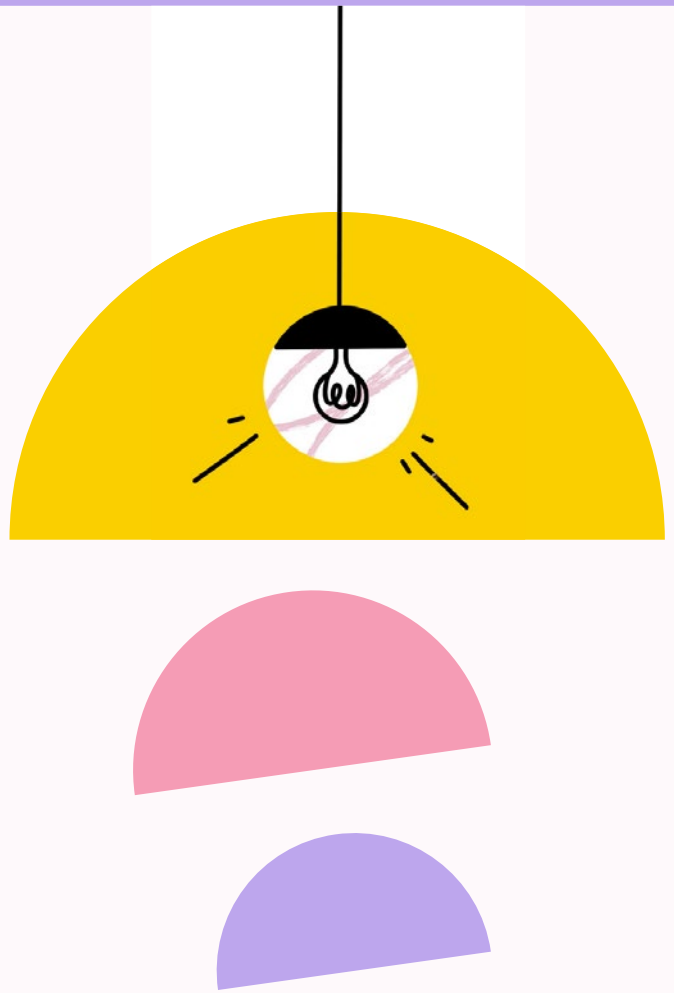
**Some people will experience greater barriers to good sleep health, and these factors are often beyond their control, such as:**

- Sex and gender
- Race and ethnicity
- Socioeconomic status
- Experiences of trauma
- Health conditions

# Final thoughts

## Remember to:

- Value your sleep.
- Priortise your sleep.
- Personalise your sleep.
- Trust your sleep.
- Protect your sleep.



# Further information and support

**MHF Tips for Young People on Sleep Confidence by the Mental Health Foundation**