



*Information Sheet: For children and young people*

## Why is sleep so important?

### What is sleep?

Sleep is the time when your body and brain take a rest. Even though you are fast asleep, your body is doing lots of important jobs while you snooze!

### What do we need sleep?

Sleep helps your:

- **Brain** to recover and process everything you have learnt or experienced during the day.
- **Energy levels**, so you feel more awake and ready to play, learn and have fun!
- **Body** to grow and get stronger.
- **Feelings**, so, you can manage big emotions and feel happier and calmer the next day.
- **Health**, so your body fights off germs more easily so do not fall ill as often.

### What happens when you sleep?

- Your brain processes memories like a big filing cabinet.
- Your body grows (especially during deep sleep!).
- Your muscles rest and repair.
- Your brain practices learning.
- Your heart slows down to help relax your whole body.
- Your immune system gets stronger, to fight off germs.



## What happens if you don't get enough sleep?

When you do not sleep enough, you might:

- Feel tired or grumpy.
- Get angry or upset more easily.
- Find it hard to concentrate at school.
- Forget things more easily.
- Move more slowly or make more mistakes.
- Feel sick more often.

## How much sleep do I need?

- 4 to 5 years old: 10-13 hours each night.
- 6-11 years old: 9-11 hours each night.

## Top tips for great night's sleep

- Have a bedtime routine (like brushing teeth, reading a book).
- Go to bed at the same time every night. Try to wake at the same time too.
- Keep your bedroom quiet and cosy.
- Turn off screens (TV, tablet, phone) at least 30 minutes before bed.
- Try a calm activity like drawing or listening to soft music. Meditation and breathwork can help too

**Remember:** Sleep is like a **superpower!** It helps you feel strong, smart and ready for a brand new day.

## Fun fact!

Even animals need sleep!

Bears hibernate, cats nap all day and dolphins sleep with one eye open!

