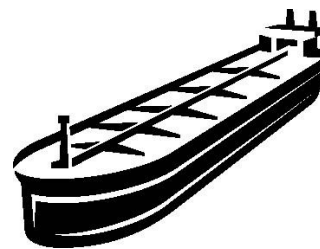


WHAT AM I?

I have caused some of the world's biggest disasters

Chernobyl (1986)



Exxon Valdez (1989)

Three Mile Island (1979)



WHAT AM I?

I am responsible for 25% of
car accidents



WHAT AM I?

I make people

moody

remember less

bad tempered

sick and more likely to get
disease and infections

less coordinated

I am also used as a method of torture



And the answer is

Sleep

or rather the lack of it

The lack of sleep seriously affects your health

It is worse for babies and teenagers

Teenagers need as much sleep as babies



Sleep

or rather the lack of it

The lack of sleep seriously affects your health

During sleep important growth hormones are released which helps your physical and mental development

People who sleep for 5/6 hours had more ghrelin hormone which increases the feelings of hunger

People who sleep less are more likely to be overweight

Overweight children more likely to have snoring problems = less oxygen in the blood, sleep less well and are tired during the day



Sleep

or rather the lack of it

**The lack of sleep seriously
affects your health**

90% of people who sleep less than 5/6 hours per night also suffer from:

- . Diabetes
- . High blood pressure
- . Heart problems: heart failure, strokes, heart attacks, irregular heartbeat



Sleep

or rather the lack of it

**The lack of sleep seriously
affects your health**

Most people who have depression: sleep for less than 6 hours per night

Less sleep = less alert = accidents (car, home & work)

Less sleep = less learning, less memory of what you have learned



Sleep

What we need

Teenagers need between 8 and 9 hours of sleep per day

- . Average sleep for 13 year olds = 7.4
- . Average sleep for 19 year olds = 7.0
- . 26% of teenagers sleep less than 6.30



Sleep

Tips for healthy sleeping

- . **Sleep time:** go to bed the same time everyday
- . **Wake-up time:** wake-up the same time everyday
- . **Wind down:** relax before you go to sleep (1 hour)
- . **Use bed only for sleep:** go to bed to sleep – not for TV or games
- . **Naps:** do not replace a night's sleep & can stop you sleeping
- . **Exercise:** improves the quality of your sleep (not for 2 hours before you sleep)



Sleep

Tips for healthy sleeping

- . **No caffeinated drinks:** no tea/coffee/soda (6 hours before you sleep)
- . **No nicotine:** no cigarettes or pipe (2 hours before you sleep)
- . **Falling asleep:** if you don't fall asleep in 20 mins, get up and do something boring
- . **Bath/shower:** drop in body temperature helps you sleep (bath 90 mins before)
- . **Food:** never sleep on an empty or full stomach (eat 2/3 before you sleep)

Stages of sleep



Sleep

Stage 1

Stage 1 is the beginning of the sleep cycle, and is a relatively light stage of sleep – half awake, half asleep. This period of sleep lasts only a brief time (around 5-10 minutes)

Stage 2

Stage 2 is the second stage of sleep and lasts for approximately 20 minutes. Body temperature starts to decrease and heart rate begins to slow.

Stage 3

Deep, slow brain waves known as delta waves. It is sometimes called delta sleep. People less likely to be woken by noises in this stage. Heart rate slower. Sleep walking more likely at this stage. This stage last for about 60 minutes.

Stage 4

Stage 4 is known as REM sleep – Rapid Eye Movement. Brain more active in this stage, it is when you dream. Heart rate increases Muscles most relaxed at this time. This stage starts after about 90 minutes and last about 40 minutes.