



Peer  
Education  
Project



Mental Health  
Foundation



# **Sleep:** **Finding our** **confidence** **with sleep**

Lesson



## We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.

4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

# Being in the moment



SLIDE 3

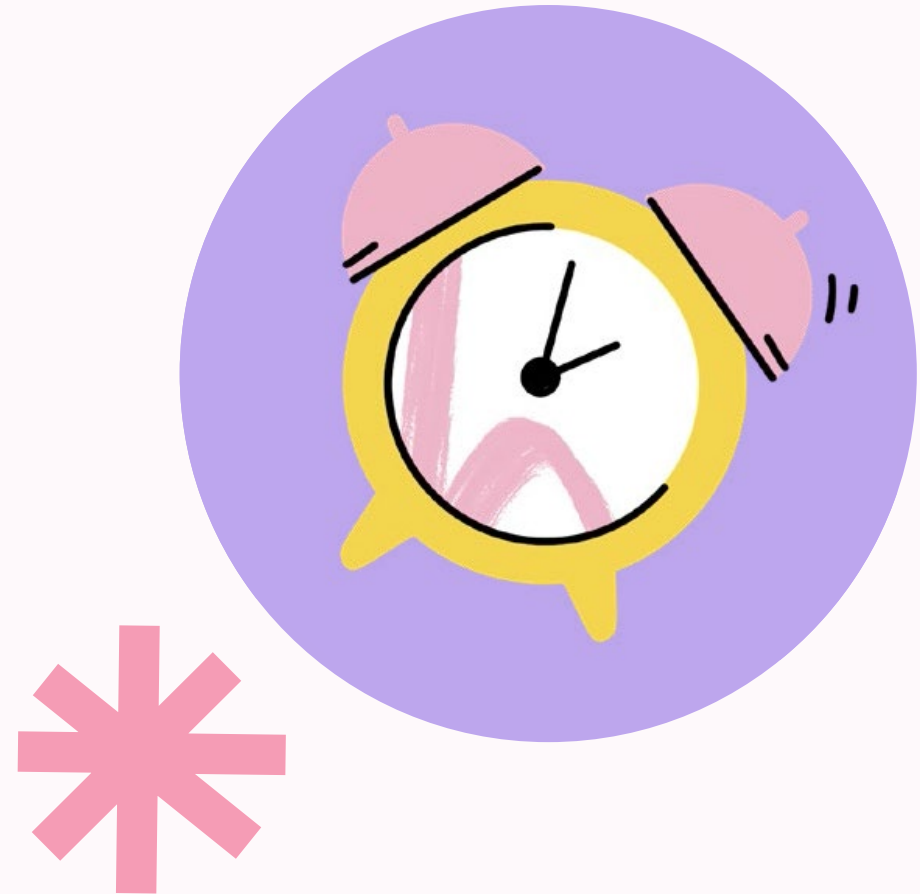


## Building connections



SLIDE 4

We all have an internal body clock, known as our 'circadian rhythm', that restarts every 24 hours. It helps us to keep on track of carrying out important tasks in our bodies like eating, sleeping, and controlling our temperature.

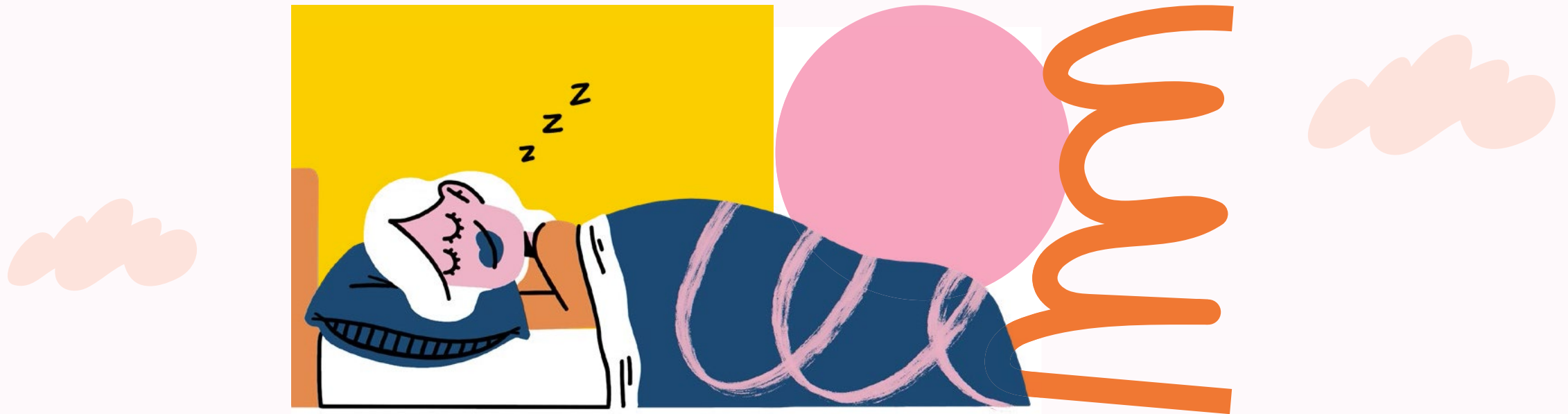


## Introducing the topic



SLIDE 5

Sleep is an essential part of our daily routines. Getting enough sleep allows our bodies and minds to recover from the day.



## Good sleep helps us to:

- \* Manage feelings, emotions; and behaviours.
- \* Improve our memory recall.
- \* Be alert and improve our learning.



## Lack of sleep can:

- \* Make us feel low, anxious, irritable; or confused.
- \* Make it harder to manage our emotions and daily challenges.

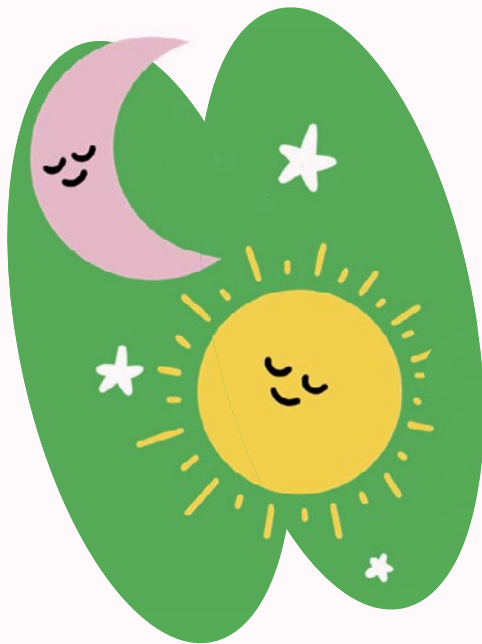


# Introducing the topic



SLIDE 7

What factors can make good quality sleep difficult to achieve?

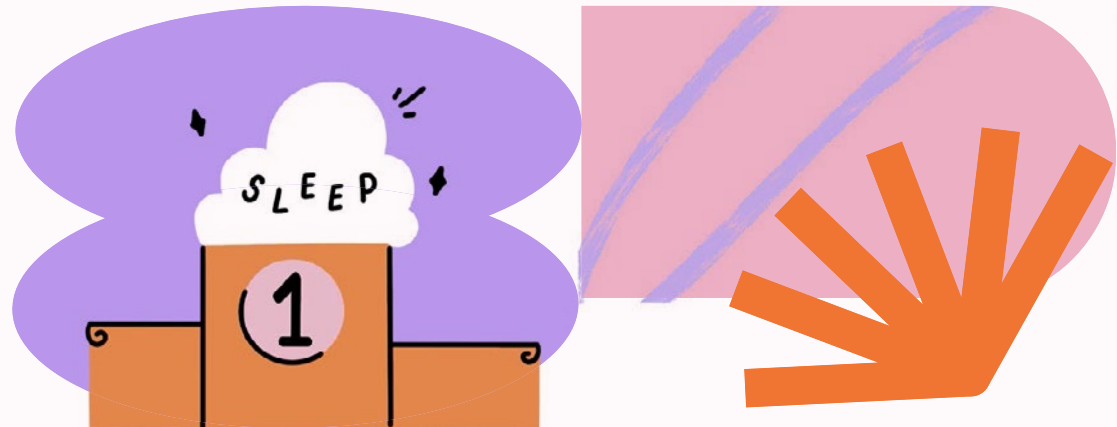
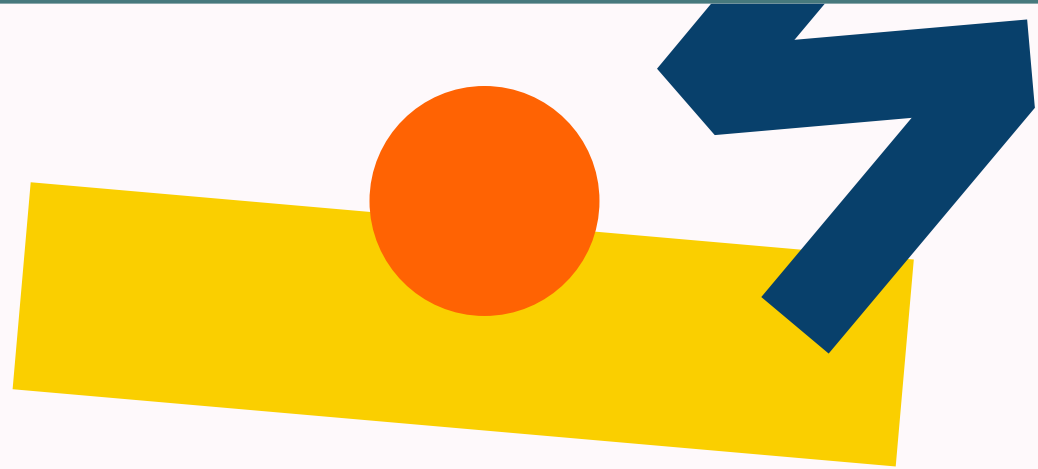


# Introducing the topic



SLIDE 8

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

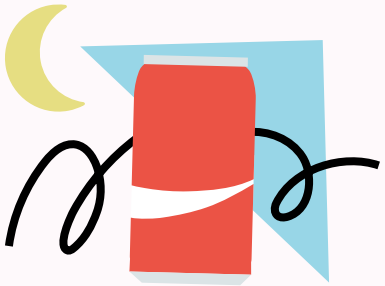




# Learning through activity



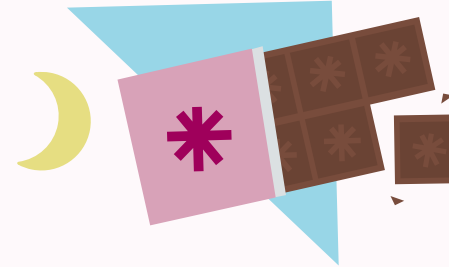
SLIDE 9



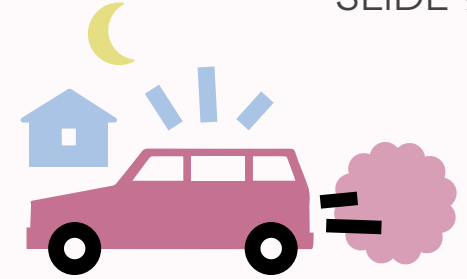
Drinking a can of  
Coke in the evening



Bedroom window being  
next to a street light



Eating a chocolate  
bar before bed



Living on a busy,  
noisy street



Playing on a computer  
game from bed



Feeling stressed and  
worrying about the next day



Going to a swimming  
club evening session



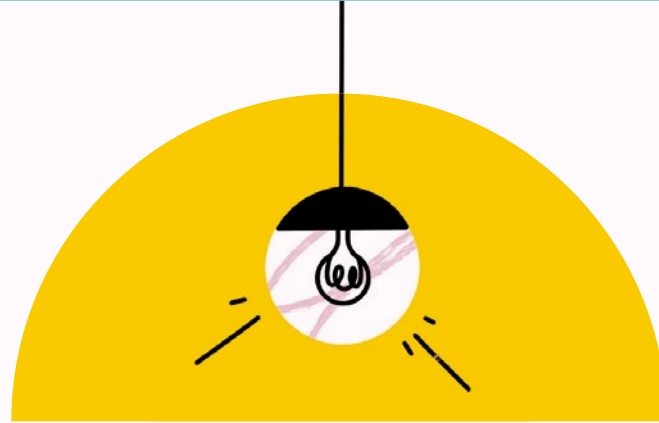
Experiencing  
a headache

# Reflecting on the learning



SLIDE 10

**One thing I  
have learned.**



**One thing I will  
do differently.**

**One question  
I would like an  
answer to.**

## Reflecting on the learning



**One thing I  
have learned.**

SLIDE 11

## Reflecting on the learning



**One thing I will  
do differently.**

SLIDE 12

## Reflecting on the learning



**One question  
I would like an  
answer to.**

SLIDE 13

## Lesson summary



SLIDE 14

Sleep is important for helping our bodies and minds recover and heal from the day.

Sleep is essential for maintaining good mental health.

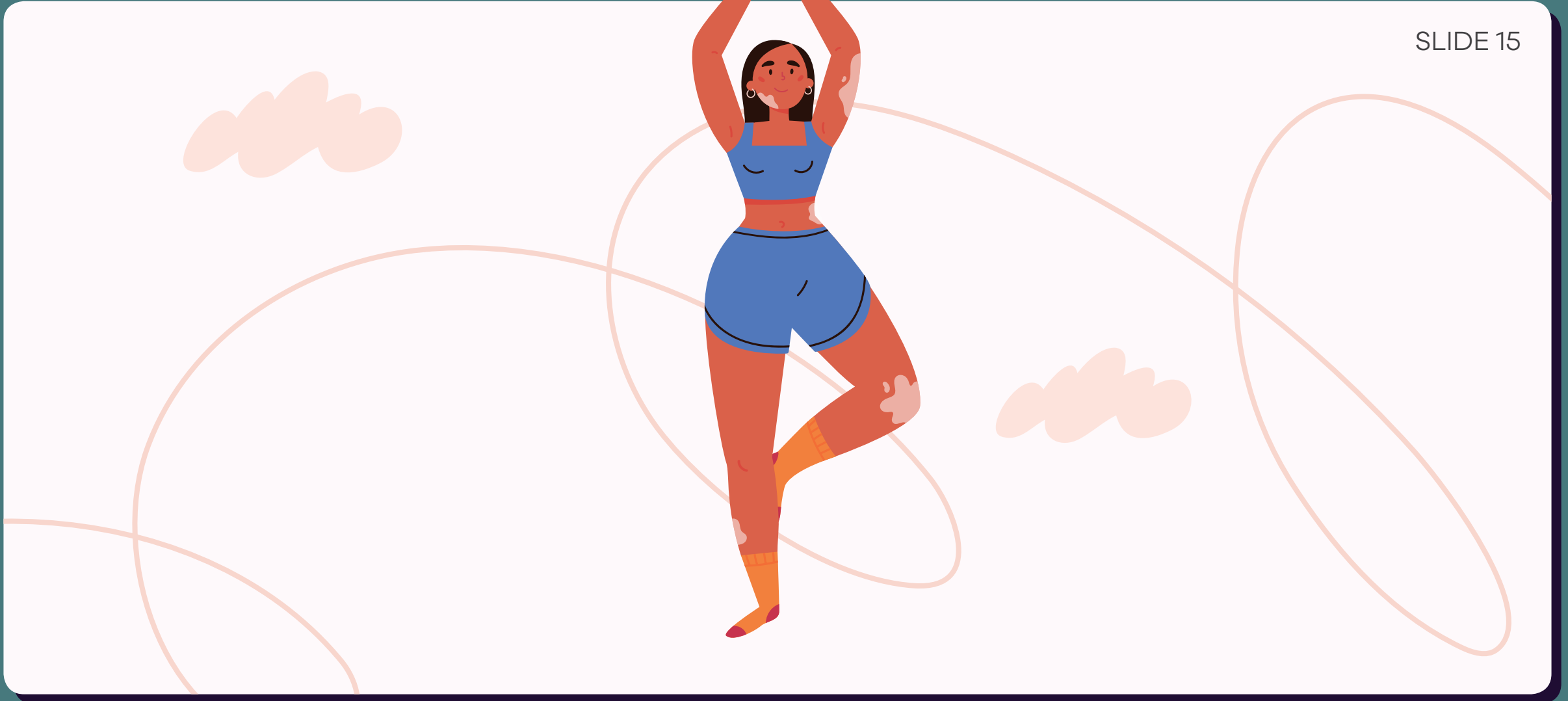
By understanding how sleep works and learning about our own sleep patterns, we can build the confidence to begin improving it.



# Being in the moment



SLIDE 15





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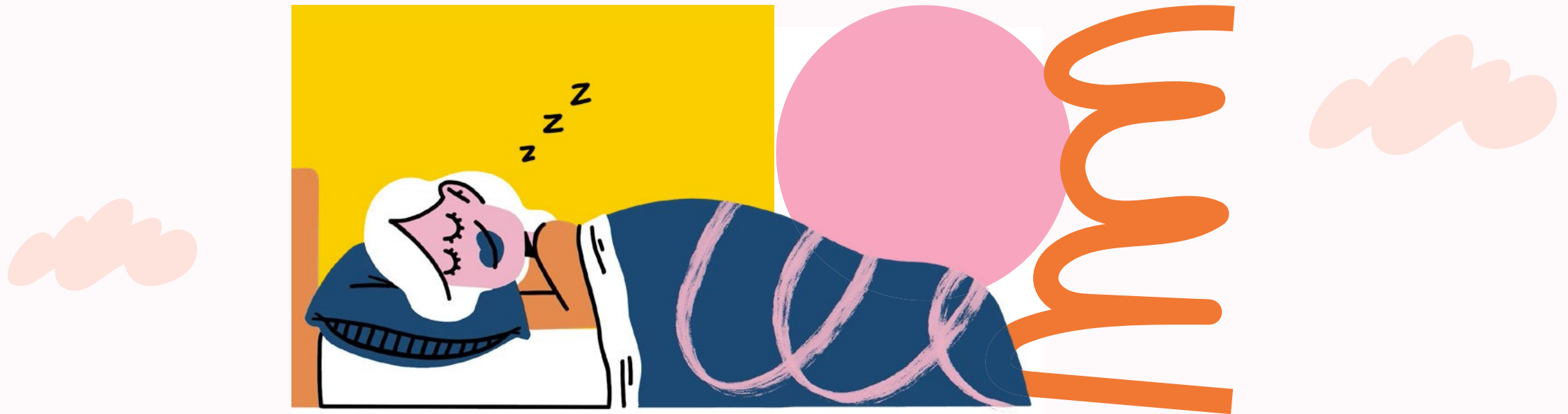


# **Sleep:** **Finding our** **confidence** **with sleep**

Lesson



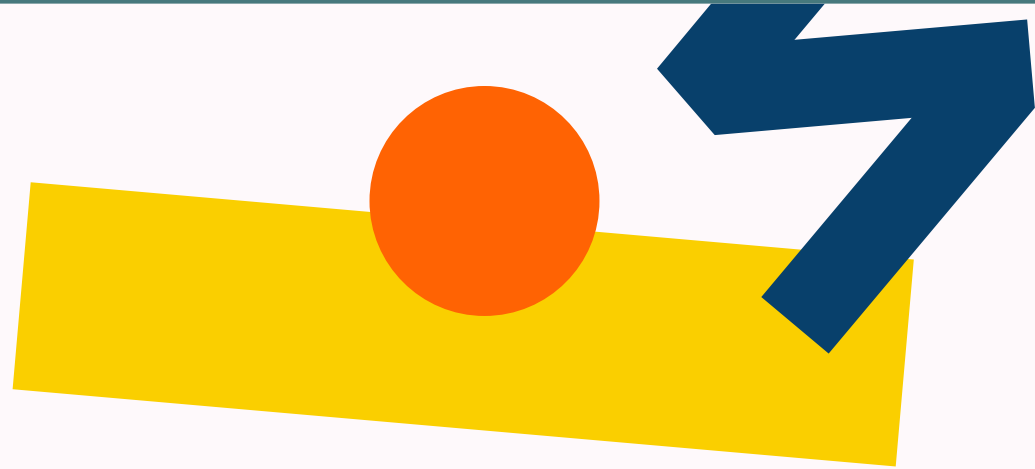
Sleep is an essential part of our daily routines. Getting enough sleep allows our bodies and minds to recover from the day.



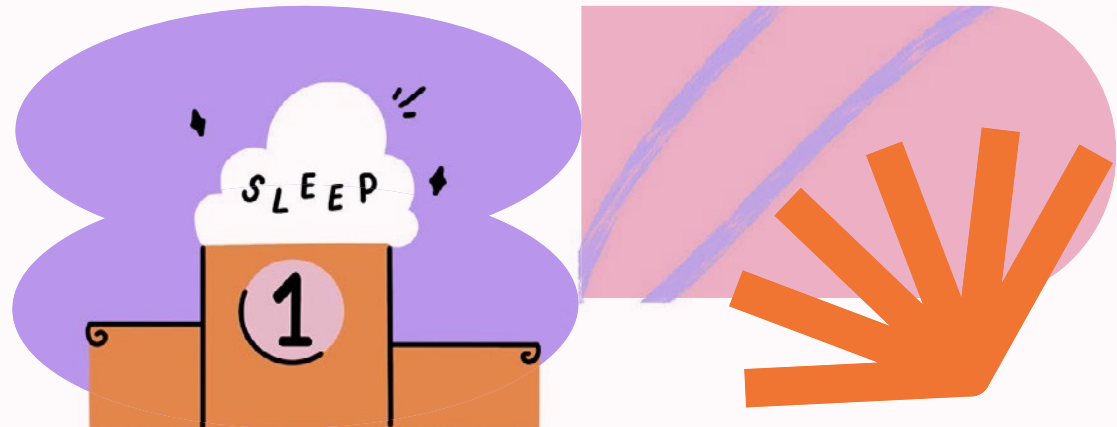
## Taking action



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3. Personalise our sleep.
4. Trust our sleep.
5. Protect our sleep.

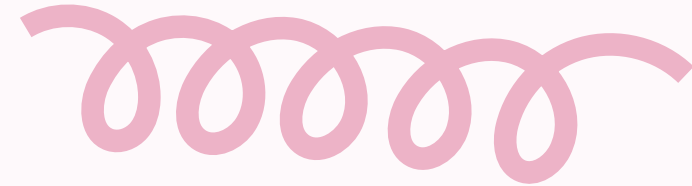


SLIDE 18





**What are the  
barriers to good  
sleep health?**



**What ways could  
a person support themselves  
to meet the five principles of  
good sleep health?**

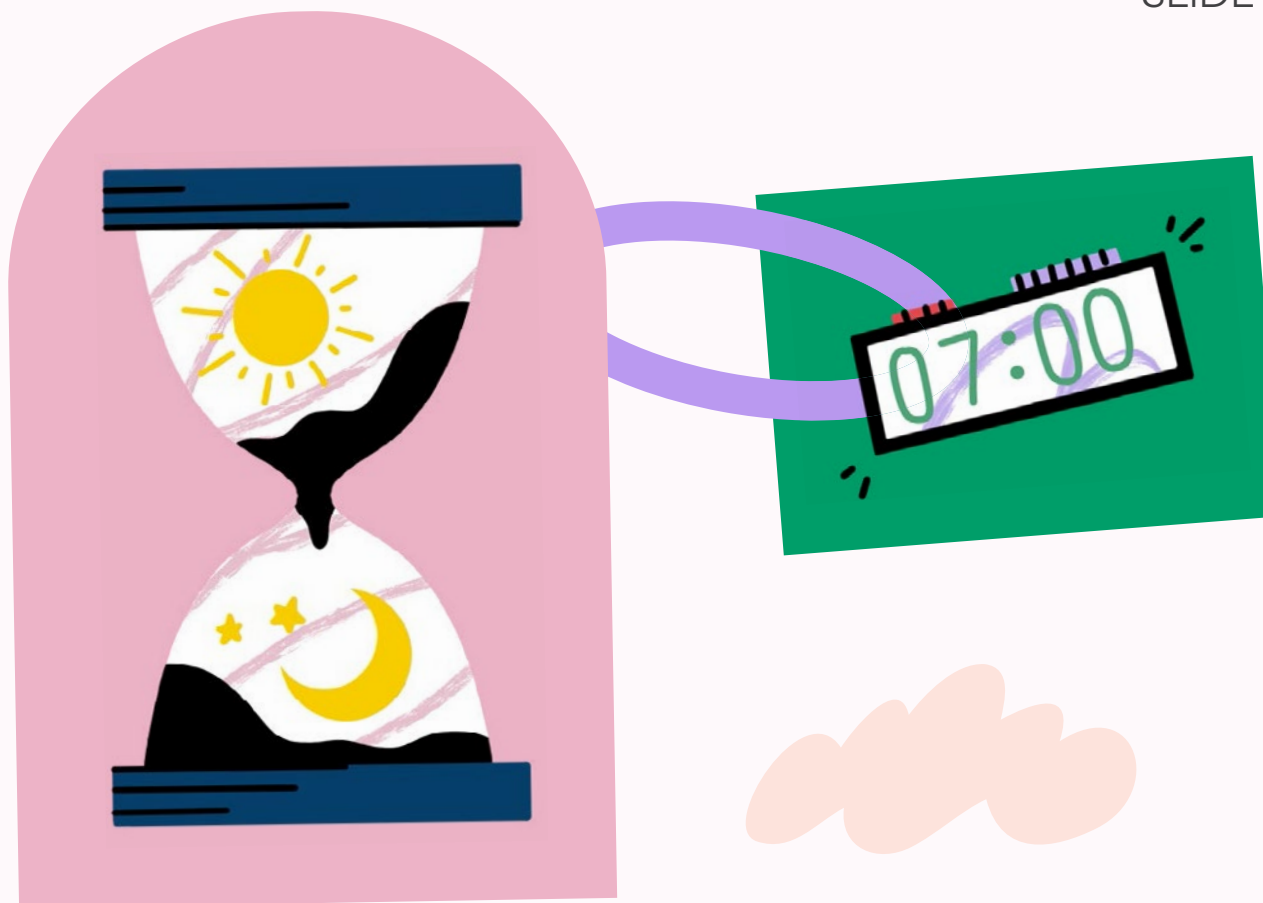


# Taking action

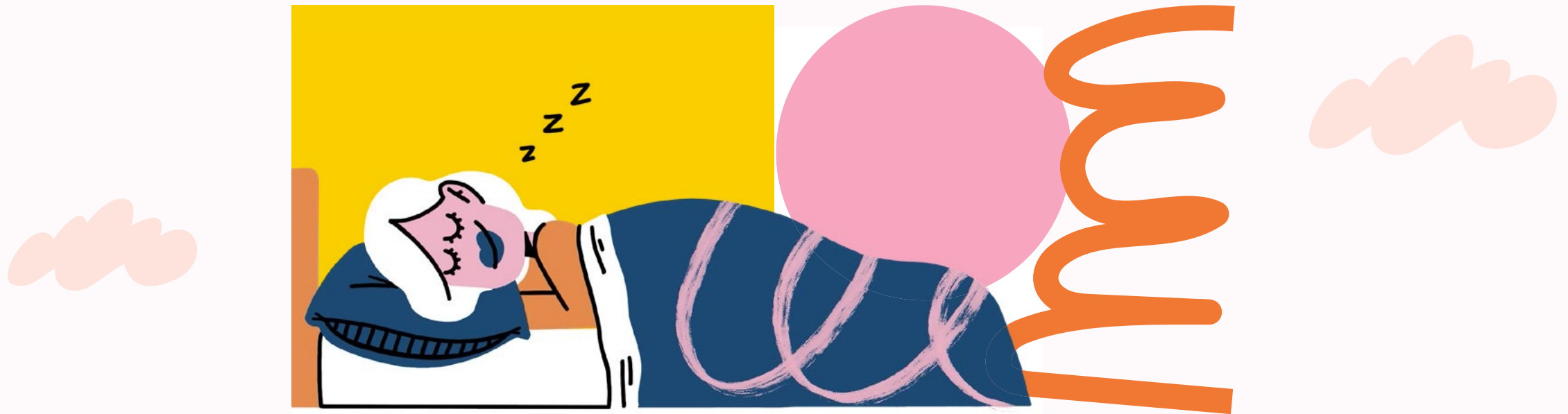


SLIDE 20

Create a one-minute speech on good sleep health.



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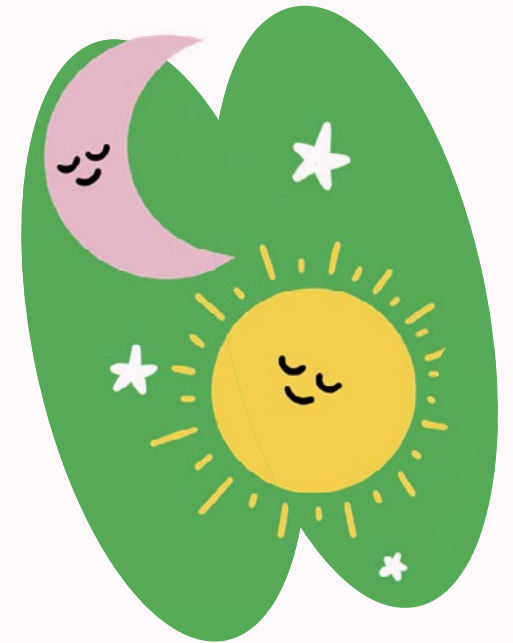


# Challenging thinking



SLIDE 23

**What are the  
barriers to good  
quality sleep?**



# Challenging thinking



SLIDE 24



**What advice  
would you give?**

