

11.01.21

# edYOUcate

Following this weeks announcement about the closure of schools, I thought it might help to share some tips for home learning in the next few articles. Today we'll be talking about sleep and it's role in helping you with home studies:

## THE IMPORTANCE OF SLEEP



Even though classes may not be running online, or at the same time as a usual school day, it is still very important to get a proper night's sleep. Let's have a look at some tips to help get a better night's sleep:



**The amount and quality of our sleep affects our energy levels; it's hard to focus on studying if we're exhausted! Sleep also helps our ability to pay attention, to remember stuff and to process new information. Sleep is like fuel for our brains and without a full tank of fuel, our brain only has half it's engine power.**

1



It's important to go to sleep around the same time every night and wake up around the same time every morning. This helps your body get into a routine.

8-9 hours of sleep is usually the recommended amount.

2



Don't go to bed either really full or hungry. Avoid large meals for a few hours before bed. Also try not to eat / drink anything with high sugar or caffiene before sleeping.



3

Try to make your bedroom as restful a space as possible. Fill it with things that make you feel peaceful & comfy. Most people sleep best when the environment is cool, dark and quiet.



4



Try to do some physical exercise every day to help release energy, so your body can properly rest at night!

5

As tempting as it often is, not using any electronic devices for about an hour before bed has been proven to create better quality sleep!



Try not to study on your bed. It helps your bed become associated with rest in your mind!

6

Keeping a journal & writing down or drawing any worries from the day before you sleep can help clear your mind.



7

Preparing for sleep can be a lovely way to unwind and check in with yourself. Think of the hour / 30 minutes before bed as time to do something that helps you relax. For example; Meditation, colouring or drawing, a hot bath, yoga, listening to calm music. This can become your little sanctuary of time in the day to switch off from the rest of the World!

**OFF THE RECORD ARE OFFERING A SLEEP WORKSHOP.**

**[WWW.TALKOFFTHERECORD.ORG/COVID-19/ONLINE-WORKSHOPS/](http://WWW.TALKOFFTHERECORD.ORG/COVID-19/ONLINE-WORKSHOPS/)**



## Sleep Solutions

28th Jan @ 5pm: Are you finding it hard to sleep? This workshop is a chance to problem-solve and work out what you need to do to get your sleep back on track.



Please get in touch if you'd like any education support or have any suggestions for next issue!

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