

Monday 28<sup>th</sup> January 2019

Dear Parents,

Today my assembly was on the importance of getting a good night's sleep! I talked to the children about why we all need sleep, how our body can repair whilst we are sleeping and what affect computers and the tv has on our ability to sleep. I also talked to them about the sort of time they should be going to bed if they are going to get a proper rest.



I thought it might be helpful to share some of the assembly slides with you so that you can see what I have said and the bedtimes I have suggested! I also have explained why devices that emit blue light (tv, computer, play station, phone, Nintendo switch) stop you from getting a proper night of restful sleep. The research on the impact on the brain and melatonin production is amazing. I have gone out and bought an alarm clock and my phone is now going to stay in the kitchen overnight.

Happy Reading! Sleep well! Mrs Wylie

## How much sleep do YOU need?

4 year olds need 11 - 12 hours sleep

5 - 6 year olds need 11 - 11½ hours sleep

7 year olds need 10½ - 11 hours sleep

8-9 year olds need 10 - 10½ hours sleep

10-11 year olds need 9½ - 10 hours sleep



Blue Light stops your body from producing a very special chemical called Melatonin



## So...if we want to get up for 7:15am

### Bed time should be:

This allows you to have 30 minutes in bed to wind down before you go to sleep.

4 year olds - bed time should be 7pm

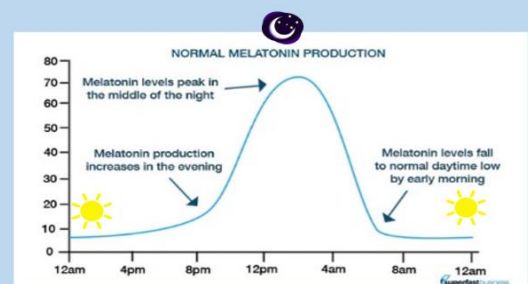
5-6 year olds bed time should be 7:15pm

7 year olds bed time should be 7:45pm

8-9 year olds bed time should be 8:15pm

10-11 year olds bed time should be 8:45pm

As it gets close to bedtime your body gets ready to sleep. It produces a chemical called melatonin.



## Melatonin helps your body to have good, restful sleep.

- Melatonin helps you have a special sleep called REM sleep. REM stands for Rapid Eye Movement sleep.
- During REM sleep you have dreams and your body also is able to 'deep clean' and remove toxins.
- Blue light exposure from the tv or phones or computers can delay the start of REM sleep.
- Even if you think that you're sleeping fine, you might not be getting the quality sleep that you need.

## So what have we learnt in assembly today?

It is important to go to bed at the right time.

It is important not to watch the tv, use a phone or a computer before bed.

Getting a good night's sleep allows your body to recover and get ready for the next busy day.