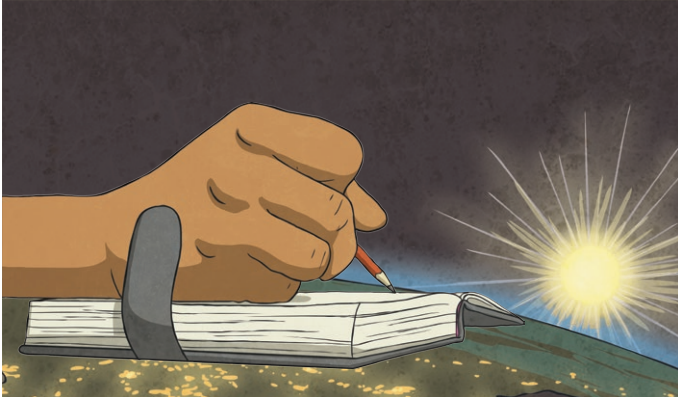


7

Keeping a sleep diary can be very beneficial in starting to change attitudes towards sleep, noticing patterns in our sleep and realising the difference sleep can make to our day and our performance.



Sleep for
Wellbeing



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1 We spend approximately a third of our lives asleep. Sleeping is something that is essential to us all and without it we would not be able to function effectively. In order to have good mental and physical health, we must have sleep. Sleep helps our bodies restore themselves, but it also restores and repairs our brains.



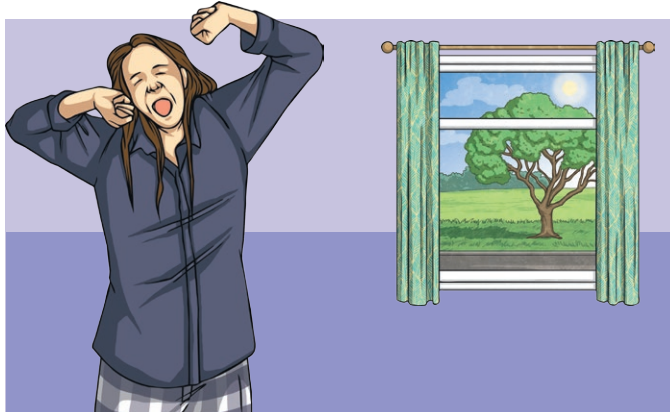
2 It is during our sleep that our brains have time to process information from the day, consolidate memories and go through processes that help our brains to function.



3 Getting the right amount of sleep is vital to our mental wellbeing. The right amount differs from person to person. Healthy sleep patterns ensure we are able to fall asleep and have deep and restful sleep.



4 Our night's sleep consists of different sleep cycles and processes. In order to have a 'good night's sleep', we need to go through the different stages and processes within each stage. This is when we wake up feeling refreshed and ready for the day ahead.



5 Poor sleep and sleeping patterns can lead to fatigue, sleepiness, poor concentration, irritability and forgetfulness. Poor sleep also increases the risk of health problems including anxiety and depression, which require treatment for the mental health conditions, as well as the sleep problem.



6 Sometimes, even small changes can make a huge difference to our sleeping patterns and sleep cycles. This can be changes to our bedtime routine, changes to our diet or changes to our attitude towards sleep.

