

Take the ten hours a night challenge

If you're 8 -11 years old, you should get **at least** ten hours sleep.

Take the ten-a-night challenge and follow these simple steps to get a good night's sleep.

Top tip



Avoid drinks containing additives, preservatives and caffeine after school as they can affect your sleep.

7



Lose the light

Turning down the lights gives our brains the hint that it's time to sleep.



Keep it cool

A cool, dark and quiet room will help you to settle to sleep. Some people find having a fan on helpful as it keeps you cool and makes white noise.

6



Night wear for nighttime

Change into loose, comfortable clothes that you only wear for bedtime.



Wash away the day

Having a bath or shower can help you relax and sleep well.

1



Plan and pack

Think about what you are doing at school tomorrow and pack your bag. Try using a planner, calendar or writing a to-do list to help you relax and sleep well.



Gadgets gone

Gadgets like mobile phones and tablets give off a blue light which can make it harder for us to settle to sleep. Aim to stop using gadgets at least 30 minutes before going to bed.

2



Suppersnack

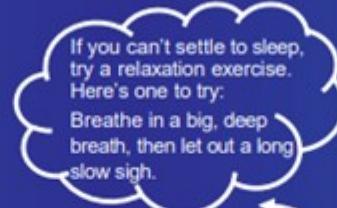
A small, healthy snack like a banana or wholemeal toast can help us sleep well. Remember to eat it in the dining room or kitchen - not your bedroom.

3



Sort your space

Tidy away the day and get your room ready for night time.



9

Settle to sleep

When you are in bed, you should fall asleep within 20 minutes

10



Ten-a-night

You should aim to get at least ten hours of sleep a night.

Did you know that sleep is vital for your health and wellbeing?

While you sleep your brain is busy organising the information you learnt during the day. So getting a good night's sleep helps you feel better and do well at school too!

