

# 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.

If you can't settle to sleep, try a relaxation exercise. Here's one to try:  
Breathe in a big, deep breath, then let out a long slow sigh.



7



### Lose the light

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

8



### 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.

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.

6



### Night wear for nighttime

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

5



### Wash away the day

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

4



### Supper snack

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.

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.

2



### 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.

3



### Sort your space

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

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!

