

SLEEP FOR BETTER HEALTH, RESILIENCE AND PERFORMANCE

PROGRAM OVERVIEW

Students	Parents	Teachers
<ul style="list-style-type: none"> • 40min-1hr group presentation • Workbook with 2 week sleep diary and other personalised activities 	<ul style="list-style-type: none"> • Video introduction • Education and resources 	<ul style="list-style-type: none"> • Video introduction • Education and resources
<ul style="list-style-type: none"> • Optional follow up workshop 	<ul style="list-style-type: none"> • Optional 40min - 1hr group presentation 	<ul style="list-style-type: none"> • Optional tailored 10min - 1hr presentation

Rationale

Over 30% of primary school children and 70% of teenagers are sleep deprived. This is having significant consequences on many areas of their lives such as:

- **Learning and academic performance:** Sleep helps concentration and motivation, along with consolidation of new information and memories.
- **Emotional and mental health:** Studies show children who are sleep deprived are more likely to suffer from depression and anxiety, negative body image and low self-esteem.
- **Behaviour and decision making:** Sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents.
- **Body systems:** Sleep deprivation affects children's physical growth, brain development, immune system and plays a key role in weight gain.

Aims

- Create awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives.
- Empower participants with the knowledge, practical strategies and tools to make informed decisions regarding their sleep health.
- Deliver information that supports a whole-school approach ranging from awareness through to pathways for professional help.

Course content

- Why do we need sleep?
- What happens to our brain and body when we sleep?
- How much sleep do we need to function optimally?
- Effects of sleep deprivation on our learning, emotional health, behaviour and body
- Causes of sleep deprivation including physical, psychological, habits and lifestyle
- Impact of electronic devices on sleep
- Signs of sleep deprivation
- Smart sleep habits
- Sleep diary and activity book
- Where to get help

Learning Outcomes

Students	Parents	Teachers
<ul style="list-style-type: none">• Recognise that their knowledge and attitudes towards sleep has profound effects on their health, resilience and performance in all areas• Identify signs of insufficient sleep and the effect this is having on themselves and their relationships• Understand the effect of electronic device use on their own sleep as well as on others through late night communication• Effective use of a sleep diary to identify the correlation between adequate sleep and their own focus, energy and mood• Effective time management to ensure required sleep is prioritised• Establish a personal action plan to identify areas of change, motivation to change and action required	<ul style="list-style-type: none">• Knowledge and tools to support students to personalise and apply learnings for positive outcomes• Awareness of options for professional help if required	<ul style="list-style-type: none">• Knowledge to assist students and parents to recognise the importance of sleep on student learning, behaviour and resilience• Recognise students who may be sleep deprived• Understand the impact of sleep deprivation on common behavioural issues• Awareness of resources to assist students and parents to adopt behavioural change• An understanding of pathways to treatment for those students who require professional help

Contact

For more information on the program, including costs and the age group you would like to tailor the program to, contact:

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