

**Do Now**

## Lesson 6: Good quality sleep – why it's important and how to get it



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In 1964, a carefully monitored experiment took place to see how long a human being could go without sleeping. Scientists knew that lack of sleep, for this long, could lead to very serious side effects. As expected, their 17-year-old volunteer, Randy Gardner, began to exhibit these symptoms.

**Discuss: How long do you think Randy Gardner went without sleep?  
What do you think the record is?**



What do you think the side effects are of long-term sleep deprivation?

*I think the side effects of long-term sleep deprivation would be...*

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**Sleep deprivation** – the term used when a person has had a lack of sleep, which presents itself through negative physical and mental symptoms.

**Cognitive function** – a term for the workings of the mind including memory function, concentration and decision making.

**Sleep hygiene** - having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.



## Learning outcomes:

Describe in detail the benefits of quality sleep and the issues presented by sleep deprivation.

Explain how to keep good sleep hygiene.

**Discuss: How long do you think Randy Gardner went without sleep? What do you think the record is?**

Answers: Randy was able to manage 11 days without sleep. Since then, no one has been accurately recorded as going 12 days without sleep. Symptoms experienced by Randy included moodiness, problems with concentration and short-term memory, paranoia, and hallucinations. On the eleventh day, when he was asked to subtract seven repeatedly, starting with 100, he stopped at 65. When asked why he had stopped, he replied that he had forgotten what he was doing.

[https://www.youtube.com/watch?v=jW1Yx\\_INP6q](https://www.youtube.com/watch?v=jW1Yx_INP6q)



Obviously, this is an extreme case – and shouldn't be imitated. However, many of us have periods where we may not get enough sleep over a longer period of time, by having too little sleep each night. So, what effects might this have? Let's take a look in the next task...

**How do our brains react to a good night's sleep?**  
**Watch the clips below and then complete the table you have been given. We'll go through the answers together afterwards.**

<https://www.youtube.com/watch?v=IzQ2siryQrM&t=2s>

<https://www.youtube.com/watch?v=A4Zs0NNF9Dc&t=59s>



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| Positive effects of a good night's sleep on the brain | How the brain is affected by too little sleep | How does sleep affect our learning? |
|-------------------------------------------------------|-----------------------------------------------|-------------------------------------|
|                                                       |                                               |                                     |
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**These are just a few of the ideas from the clips you have just watched. You may have picked up on more – if so, please share them now**

| <b>Positive effects of a good night's sleep on the brain</b>  | <b>How the brain is affected by too little sleep</b>                              | <b>How does sleep affect our learning?</b>                  |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------|
| It can organise and store the day's events (forming memories) | You can't remember or concentrate as well, and can even increase risk of dementia | Information is moved from the short to the long-term memory |
| Vocabulary can be maintained and extended                     | It can make you moody and irritable                                               | Lack of sleep leads to lack of motivation                   |
| Improves reasoning and regulating emotion                     | It increases the risk of anxiety and depression                                   | It promotes ability to learn                                |
| Improves emotional well-being                                 | It impairs judgement and performance                                              | It helps us with problem solving abilities                  |
|                                                               |                                                                                   |                                                             |
|                                                               |                                                                                   |                                                             |

# Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>



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