

# SLEEP FOR BETTER HEALTH, RESILIENCE AND PERFORMANCE

## PROGRAM OVERVIEW

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

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

## 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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