

PSHE



LO: To understand how
lack sleep can affect
your mind and body.

What time did you go to sleep last night?

What time did you wake up this morning?

How many hours of sleep did you get?

How do you feel when you don't get a lot of sleep?

It's not just exercise and healthy eating that can affect our health. The amount of sleep we get is important too.

The sleep foundation says that if you are between 6 and 13 years old, you should be getting 9-11 hours sleep per night.

If you are an adult, like Miss Dawson, Mrs Hall, Miss Moore, or Mrs Jordan, you should be getting 7-9 hours sleep per night.

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years old	7-8 hours

Do you get enough sleep every night?

If you don't, it could be affecting your mood, your ability to do daily tasks, and your health.

People who don't get enough sleep become groggy and bad tempered. They find it difficult to focus and concentrate, and they become weary.

I would like you to draw two pictures. One picture of someone who has had enough sleep, and one of someone who hasn't. What is different about them? Can you label your picture?

