



# Health & Wellbeing



# 3

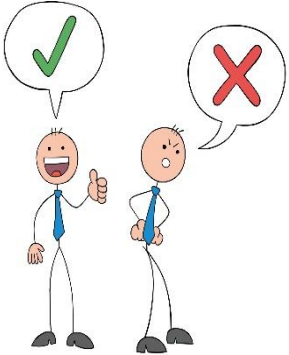
## THEME: Physical Health – Sleep deprivation

Young people are reporting that they obtain insufficient sleep which causes tiredness, demotivation and reluctance to participate in physical activity. At the end of this session, young people will be able to understand why sleep deprivation is becoming more common and the negative impact this can have. Participants will also reflect on their own patterns, compare this to the guidelines and formulate a strategy to improve their sleep.

### LEARNING OBJECTIVES

1. Young people to explore and understand the health benefits of getting their recommended sleep.
2. To explore and critically review the contributors that can impact sleep.
3. To identify and create strategies to overcome negative sleep patterns.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction & gauge baseline information	<p><b>Icebreaker:</b></p> <p>This encourages teamwork and perfect for groups that have limited space. Divide your group into teams of 6-8. Each team forms a small circle. Ask them to extend their right hand across the circle and hold the left hand of the other team member opposite them. Then extend their left hand across the circle and hold the right hand of another group member. The task is to unravel the spider's web of interlocking arms without letting go of anyone's hands. Give them a three-minute time limit to complete the task. Pressure!</p> <p>What is sleep and briefly, why it is important (Slide 2) Based on the information in slide 3, how many people get their 8-10 recommended hours each night?</p> <p>This feeds into slide four that outlines the research around the lack of sleep experienced by young people and the contributors associated with this. Relate this back to slide 3, does the group agree or disagree with these as the main reasons for poor sleep patterns.</p>	90 minutes

	<p><b>Differences in our sleep:</b> We all sleep differently, routines are different, positions are different, conditions are different, and each person will have their own preference. Let’s have fun finding out the different patterns, routines, and habits of those in the group. First one to name a person beside each gets bingo.</p> <p>Discuss the factors that can also influence sleep in slide 6&amp;7. Some young people may be unaware of the correlation between sleep and food consumption.</p> <p><b>Group Activity:</b> Young people to critically reflect on their sleep and how this impacts their ability to go about their daily routine the next day. For example, is their concentration better? Do they feel like they are energised? Encourage young people to tease out the benefits they experience after a positive sleep.</p> <p>Link these benefits outlined by young people to slide 9 which goes into the 5 core benefits of having a good sleep. Go through each of the core benefits in more detail. Slide 9-14.</p> <p><b>True or False Game – Slides 15 – 38.</b></p> <p>Each slide has a statement about sleep. Everyone stands in the middle of the room – one wall = true, other wall = false.</p> <p>Pose each statement to the young people – depending on if they think the statement is true or false, move to that wall.</p> <p>This will help facilitate open debate and encourage young people to give their opinions on the matters or discuss why they have chosen that specific response. This will also help debunk myths around sleep.</p>	
<p><b>Group Work Strategies For Better Sleep</b></p>	<p>We covered the importance of sleep and factors that can impact and influence this. Now, let’s explore what we can do to achieve better sleep.</p> <p>In groups, come up with some ways that you can overcome factors that contribute negatively towards your sleep.</p> <p>Compare and contrast your list with slide 38 that outlines what can be done to improve sleep.</p>	<p>30 minutes</p>
<p><b>Presentation/Art</b></p>	<p>The consequences of negative sleep include:</p> <p><b>Poor mood      Lack of attention      Tiredness High blood pressure      Heart attack</b>  <b>Or Stroke      Weaker immune system</b></p> <p>In groups, design a poster warning younger participants in your youth club about the importance of sleep and consequences associated with sleep deprivation. This can be used as an alternative method of assessment.</p>	<p>60 minutes</p> 