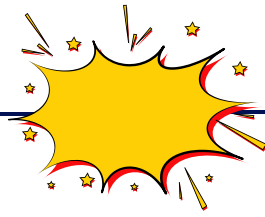


Sleep: your secret superpower



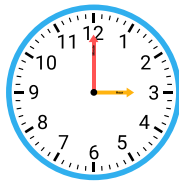
Let's start with a question we bet you'll get right.

While you sleep, your brain is busy. It sorts through everything you learned that day, helps you remember it, and recharges you for tomorrow. Good sleep can help you concentrate, feel calmer and get on better with friends.

How much sleep do I need?



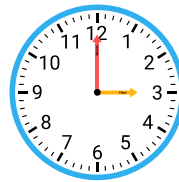
Aged 6-13



Around 9-12
hours a night



Aged 13-18



Around 8-10
hours a night

Am I getting enough?



Find it hard to get up
in the morning?



Feel grumpy or upset
more easily than usual



Struggle to
concentrate in lessons



Feel sleepy
during the day

How much sleep do I need?



Power down.

Put the screens and
games away.



Wind down.

Try low energy
activities before bed.



Park your worries.

Write them down or talk
to someone you trust.



Skip the fizz.

Energy drinks can stop
you falling asleep.



Get moving.

Physical activity
supports better sleep.