



# **SLEEP MATTERS**

Training course for schools

# Introduction



All students deserve to know how important sleep is for their bodies. The Sleep Matters educators provide this opportunity.

Sleep facilitates effective thinking and academic performance. Making it a priority is important for teachers and parents. This course gives them the tools to improve their sleep patterns.

**“Sleep is the single most effective thing we can do to reset our brain and body each day.”**

***Matthew Walker***

***Professor of Neuroscience and Psychology at the University of California. Author of bestseller ‘Why We Sleep’.***



# Meet our team



**AMANDA FERNANDO**

34 years' experience of working with families and managing children's services in the NHS and local authority.



**JANE ANSELL**

Founder of Sleep Scotland and Teens+.  
CEO from 1998 – 2019.  
30 years' experience working with disabilities and young people.



**PATRICIA JACKSON**

Honorary Fellow University of Edinburgh Department of Child Life and Health.  
Paediatrician for 40 years, including training for Oman's health services.

# What the course involves

## WHAT IS SLEEP?

What is Sleep? The How, What, Where and Why.

## TEENAGE SLEEP PATTERNS

What affects your sleep as a teenager and how your school (and peers) can help.

## A GOOD NIGHT'S SLEEP

How to establish a sleep routine. Correcting circadian rhythm disorders

## RESOURCES PACK

Sleep Diary, Health Checklist , Sleepiness Assessment, Parental Guidebook.

# Course snapshot

Why is it so important?



We explore the importance of sleep and how it impacts on your daily life.

Your body and brain are very busy when you sleep!



What exactly happens when your body is at rest? We introduce you to the science.

Putting it into practice

**Daytime**

Exercise, natural light, dealing with stress, avoiding caffeine

**Evening**

Healthy meal, finish stimulating activities earlier in evening

**Transition**

Get into routine, prepare mind and body

**Wind-down**

Screens off, calming music/ reading

Routines that work for your body and enable you to take control of your environment.



# Next steps

**Would you like a free  
consultation about how we  
can work with your school?**

Get in touch below  
**[sleep-matters.net/schools](https://sleep-matters.net/schools)**  
**[jane@sleep-matters.net](mailto:jane@sleep-matters.net)**