Sleep and Our Students

1. We can educate ourselves (good subject knowledge)
2. Make self care and wellbeing high status (frequently encounter these topics)
3. Revisit these topics with students (like we would important subject knowledge)
Sleep

What is sleep?
What makes us sleep?
What happens when we sleep?
What happens when we don't get enough sleep?
How do we get more sleep?

Sleep is the ‘chief nourisher in life’s feast’.

- *Macbeth*, by William Shakespeare, 1606
What makes us sleep?

Your Circadian Rhythm

Biological clock

24 hours

Light

Temperature

Teenagers vs. adults

What makes us sleep?

Adenosine

Sleep pressure

Increases in concentration every minute you are awake
What makes us sleep?

**Melatonin**

“On your marks... GO!”

‘Vampire hormone’

Tells us when it’s dark

Sunlight stops the release
What happens when we sleep?

Two types of sleep:

1. Rapid eye movement (REM) sleep - dream sleep
2. Non-rapid eye movement (NREM) sleep - deep sleep

What happens when we sleep?

Deep Sleep

10 x slower than awake
Brain cells working in harmony
Memorising facts
Cleaning out toxins
What happens when we sleep?

Dream Sleep

Rational thinking is shut down
Lots of brain activity
Emotional centres 30% more active
Why don’t we get enough sleep?

Your Circadian Rhythm vs. The Light Bulb

Why don’t we get enough sleep?

Melatonin vs. Your Phone
Why don’t we get enough sleep?

Adenosine
vs.
Caffeine

Why don’t we get enough sleep?

REM sleep
vs.
Alcohol
Why don’t we get enough sleep?

Your nervous system

vs.

Stress

Sleep in the 21st century

1940s survey - 7 hours, 54 minutes

UK today - 6 hours, 49 minutes

USA today - 6 hours, 32 minutes

Japan - 6 hours, 22 minutes
What happens when we don’t get enough sleep?

1. Frustrated
2. Sad
3. Tired
4. Irritated
5. Confused

ACAMH and Chartered College of Teaching webinar
Sleep and Screen Time  12/07/2022
What happens when we don’t get enough sleep?

We can even suffer from...

- Neurosis
- Paranoia
- Hallucination
- Depression
- Anxiety
- Suicidal thoughts

How do we get more sleep?

- Regulate your circadian rhythm - have a *sleep schedule*

- Let *melatonin* build - less light in the evening, *less use of phones*

- Let *adenosine* tell you when you’re tired - *less caffeine* in the later part of the day
How do we get more sleep?

- Limit alcohol - aim to *sleep well and dream*

- Relieve stress before bedtime - *have a bath, read a book, write down any worries*

- Give yourself the opportunity for eight solid hours every night - *don’t have a baby…*

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