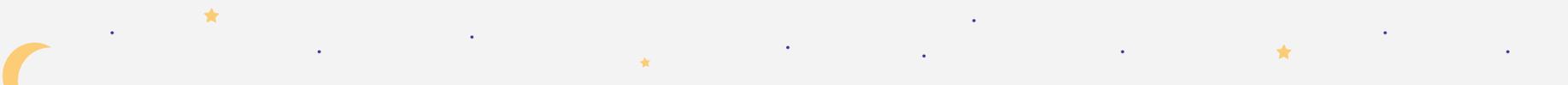




# National Sleep Awareness Day

How much do you really know about sleep??



# **National Sleep Awareness Day- Friday 13th March**

- **National Sleep Awareness Day is a day dedicated to raising awareness about the importance of healthy sleep**
  - **It aims to encourage people to learn about good sleep habits, understand common sleep problems and recognise how sleep affects our health, mood, and ability to learn!**
  - **Sleep awareness events began around 2008 and some sleep-related campaigns even began as early as 1998!**
  - **We hope this day reminds you of the importance of looking after your wellbeing through a healthy sleep pattern which can be hard to achieve, especially with busy academic schedules, but should be prioritised!**
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# Myth or Fact?



**1. Teenagers naturally have a  
later sleep cycle than  
adults**

# Fact

**Biological changes shift the circadian rhythm later during adolescence meaning teens naturally feel sleepy later at night**

**2. If you wake up several times during the night, your sleep is unhealthy**

# Myth

**Humans naturally have multiple brief awakenings each night, often without remembering them**

**\*\* REM = stage of sleep when brain activity increases, most vivid dreaming occurs, and the body temporarily paralyzes muscles to prevent acting out dreams.**

### **3. Dreaming happens only during REM sleep**

# Myth

**Dreams are most vivid in REM but can and usually occur in non-REM stages!**

**4. Humans spend roughly one third of their lives sleeping**

# Fact

If someone sleeps 8 hours per day, that equals to about 26 yrs of sleep in an 80 yr life (obviously this is assuming constant sleep but still it's a large amount of your life!)

*\*\* Insomnia is when someone has trouble falling asleep or staying asleep, even when they have enough time to sleep.*

**5. Around 15-20% of adults experience chronic insomnia symptoms**

# Fact

**Sleep disorders are much more common than many people realise but more measures are helping combat this as we grow more aware of the medical importance of sleep.**

**6. About 25% of people are  
'night owls' who naturally  
function best after midnight**

# Myth

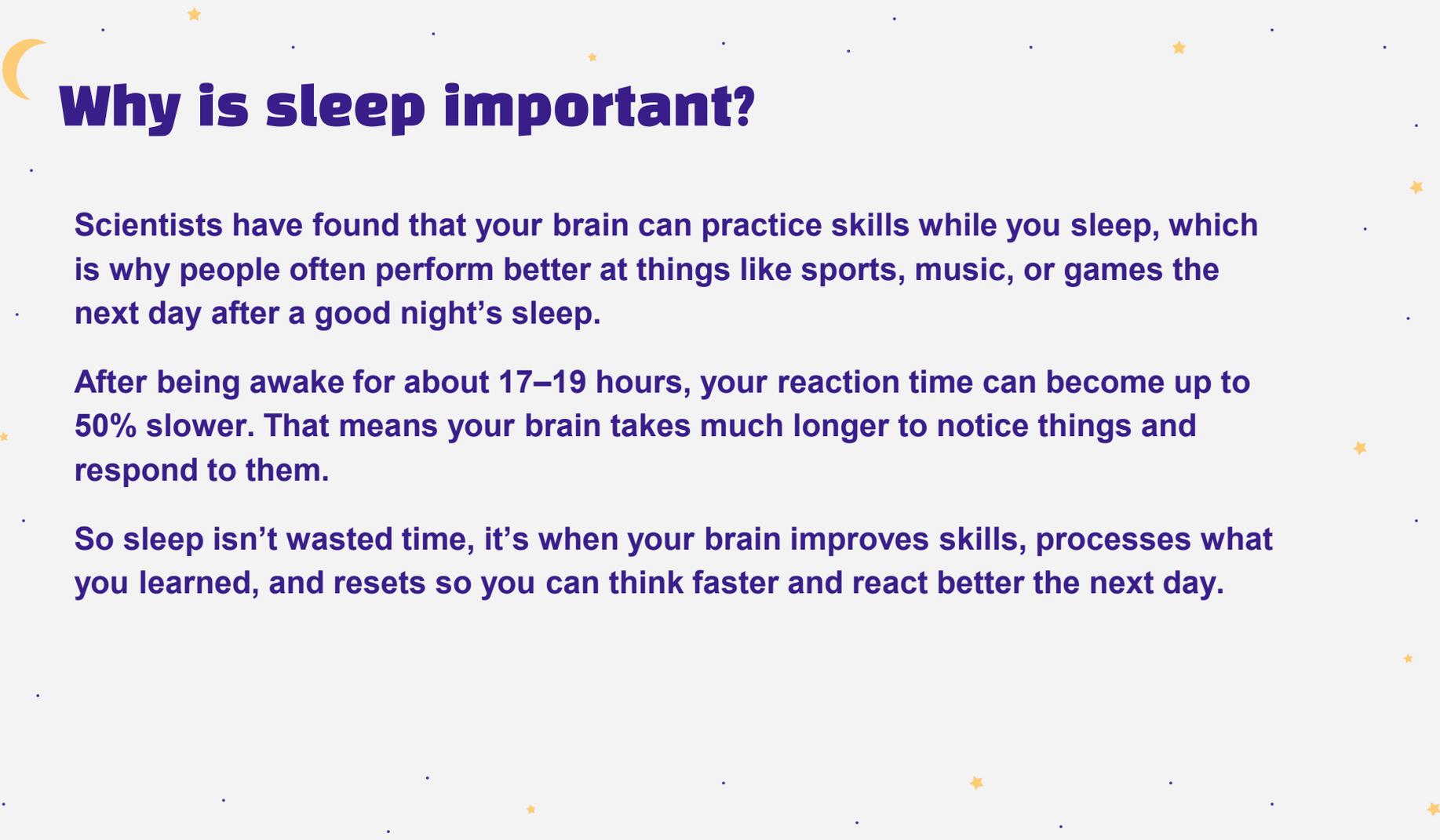
**Only about 10-15% of people fall into the extreme evening category, with most people being morning 'larks' !**

**7. Sleeping less to study  
more usually improves  
academic performance as you  
brain is more focussed**



# Myth!

**Getting enough sleep helps the brain store memories + improves concentration so sleeping well can drastically improve academic output**

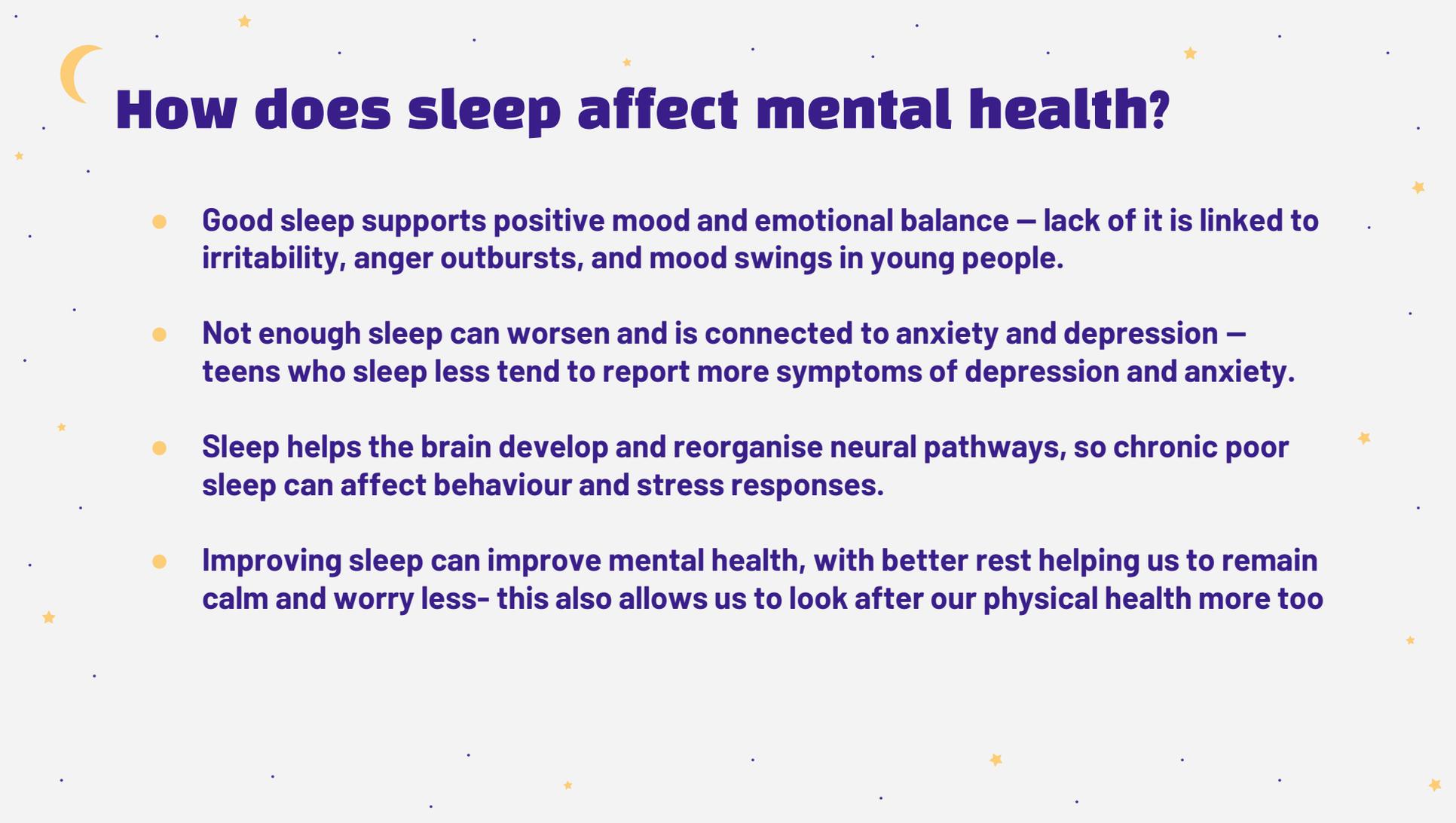
A yellow crescent moon is positioned in the top-left corner. Several small yellow stars are scattered across the white background, primarily in the upper and lower portions of the slide.

# Why is sleep important?

Scientists have found that your brain can practice skills while you sleep, which is why people often perform better at things like sports, music, or games the next day after a good night's sleep.

After being awake for about 17–19 hours, your reaction time can become up to 50% slower. That means your brain takes much longer to notice things and respond to them.

So sleep isn't wasted time, it's when your brain improves skills, processes what you learned, and resets so you can think faster and react better the next day.



# How does sleep affect mental health?

- **Good sleep supports positive mood and emotional balance – lack of it is linked to irritability, anger outbursts, and mood swings in young people.**
- **Not enough sleep can worsen and is connected to anxiety and depression – teens who sleep less tend to report more symptoms of depression and anxiety.**
- **Sleep helps the brain develop and reorganise neural pathways, so chronic poor sleep can affect behaviour and stress responses.**
- **Improving sleep can improve mental health, with better rest helping us to remain calm and worry less- this also allows us to look after our physical health more too**



# Sleep Tips:

- **Keep a consistent sleep schedule:** Try to go to bed and wake up at roughly the same time every day. Your brain works best with a routine.
- **Watch caffeine intake:** Drinks like coffee, energy drinks, and some fizzy drinks can stay in your body for 6–8 hours, making it harder to fall asleep.
- **Get natural daylight during the day:** Sunlight helps regulate your body's internal clock, making it easier to fall asleep at night.
- **Create a wind-down routine:** Calm activities like reading, stretching, or listening to relaxing music signal to your brain that it's time to sleep.

**!! Quick fact:** Even losing just 1–2 hours of sleep can noticeably reduce concentration, memory, and reaction speed the next day.

