

Sleeping better



Activity

Sleep is fuel!

Did you know, young people aged between 6 and 13 years old need nine to 11 hours of sleep every night to feel their best, stay safe and perform well? Do you know how much sleep you usually get?

Use this chart to see how the sleep you get changes how you feel the next day.

1. Write what time you went to bed.
2. Write how many times you think you woke up in the night if you can remember!
3. Write what time you woke up.
4. Work out how many hours sleep you think you got.
5. Using a scale of 1–10 (where 1 = no energy and 10 = full of energy), write down how much energy you had the next day.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
What time did you go to bed?							
How many times did you wake up in the night?							
What time did you wake up?							
About how many hours sleep do you think you got?							
How energetic did you feel the next day?							

P.S. There's more help on sleeping better in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk