Here are a few interesting facts about sleep...
Taken from a presentation by Sarah Blunden: Australian Centre for Education in Sleep

ABOUT SLEEP
The following will probably amaze and startle you.

- 5 year-olds need 11 hours sleep per night.
- 10 year-olds need 9 ½ hours sleep per night.
- Adolescents need 9 ¼ hours sleep per night.
- Adults need 7 – 9 hours sleep per night.
- Children who don’t sleep or don’t sleep well (including snorers) usually:
  - are grumpy and fidgety,
  - loose co-ordination,
  - can have peer relation problems,
  - have an 80% higher risk of developing depression, and are more likely to be overweight.

At Primary School age, hyper-activity is a sign of lack of sleep.
The difference of ½ hour per night is crucial!

Good Sleep Hygiene means:
- NO TV or computer at least 1 hour before bed,
- NO mobile phone in bed,
- NO caffeine 3 – 4 hours before bed,
- NO vigorous exercise 1 hour before bed,
- NO eating 2 – 3 hours before bed,
- have a comfortable bedroom, and
- have a relaxing bed time.

Are you getting the amount of sleep you should every night?