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SUPER SLEEP



SLEEP IS SUPER IMPORTANT

EVERY LIVING THING NEEDS TO SLEEP TO SURVIVE AND STAY WELL.

SO -WHAT HAS SLEEP GOT TO DO WITH EATING WELL?



QUITE A LOT!

IF YOU DON'T SLEEP WELL, YOU'RE MORE LIKELY TO BE HUNGRIER THE NEXT DAY AND MUCH MORE LIKELY TO CRAVE SUGAR AND EAT THE FOODS THAT GIVE YOU FAST ENERGY FIX (FOODS THAT AREN'T SO GOOD FOR YOU)

IF YOU'RE TOO TIRED TO GET UP IN THE MORNINGS, YOU MAY SKIP BREAKFAST AND THIS MAKES IT HARDER TO CONCENTRATE AND LEARN.



SO IT'S IMPORTANT TO GET ENOUGH SLEEP IF YOU ARE IN-BETWEEN 6 AND 12 YEARS OLD, YOU NEED BETWEEN 9 AND 12 HOURS OF SLEEP EVERY NIGHT.



FOR GOOD SLEEP :
- SWITCH YOUR SCREEN/PHONE OFF AT LEAST 2 HOURS BEFORE YOU GO TO BED. THIS HELPS YOUR BRAIN RELAX.

- A WARM BATH BEFORE BED CAN HELP YOU RELAX.

- KEEP THE LIGHTS AS DIM AS YOU CAN. (DARK IS BEST FOR SLEEP AS IT ALLOWS YOUR BRAIN TO MAKE THE SLEEP CHEMICAL CALLED "MELATONIN")



READING A BOOK FOR A FEW MINUTES WHEN YOU'RE IN BED IS A GREAT WAY TO GET READY TO SLEEP TOO.



FUN FACT - SEA OTTERS HOLD HANDS WHEN THEY SLEEP SO THEY DON'T DRIFT APART

