



The right formula

Taking driving into the classroom

Fitness and Nutrition – Theme 9: Staying alert

Activity 9a

A good night's sleep

We all need a good night's sleep to be able to stay alert and energetic during the day. This is particularly important the night before a 'big' day like a race or an exam. Sleep allows tired muscles to relax promoting repair of soft tissue and the restoration of energy levels. Sleep also allows the conscious mind to rest and enables the unconscious mind to store what was learnt during the day.

Adults need on average 8 hours sleep each night. Children need to sleep longer and old people need less sleep (see **Factsheet 9a: Sleep facts**). Our quality of sleep is affected by what we have eaten and drunk, what time we have gone to bed and whether we were worried or relaxed at the time.

- Check your own sleep pattern and how it affects your alertness during daytime by keeping a 'sleep diary' for a week (see **Template 9a: Sleep diary**).

Class organisation

Individual work

Resources

Template 9a:
Sleep diary

Factsheet 9a:
Sleep facts