

# Mark Thompson's Ultimate Space Lecture



**11th - 17th September 2021**

The existing Guinness world record for the longest marathon lecture stands at 139hrs 42mins and 56sec. Mark has been preparing hard for his attempt to smash the record. All is on target and he is now preparing the 140 hours of lecture material.

Tickets to the event are free but do not forget that you can still make a donation to the Barnardo's. Data about Mark's heart rate, blood pressure and body temperature will all be recorded throughout his lecture.

Click [GWR The Record – MARK THOMPSON \(markthompsonastronomy.com\)](http://markthompsonastronomy.com)



# THE IMPORTANCE OF SLEEP

# Lesson Overview

## The Importance of Sleep

In this lesson, students will explore what happens when we sleep, the benefits and challenges of getting a good night's sleep and strategies to promote good quality sleep, including where to seek support.

### Recommended age group

Education providers for ages 11-16 (KS3/KS4)

**Please note:** If teaching this lesson with Year 7 students that there are age restrictions for joining social media platforms, in most cases students will be required to be 13 years of age.

### Time

60 minutes approximately

### Resources

- PowerPoint presentation
- blank A4 paper and pens

### Key vocabulary

Sleep, routine (usual), growth, mood, memory, rest, energy, immunity (staying well), environment (surroundings) and sleep hygiene (actions for a better night's sleep)

# Learning Outcomes

We will be able to...

- identify what happens when we sleep
- describe the benefits of good quality sleep
- explain strategies to promote good quality sleep and where to seek support if sleep is difficult

# How much do you already know?

## How confident are you in...

- identifying what happens when we sleep?
- describing the benefits of good quality sleep?
- knowing strategies to promote good quality sleep and where to seek support if sleep is difficult?



# Which facts below did you already know?



When it's dark our bodies produce a hormone called **melatonin** which tells our bodies it's time to sleep.



A good night's sleep has a positive impact on the **brain** and body, improving performance and productivity.



11-16 year-olds are recommended to get **8 to 10 hours sleep a night**.



It is recommended to not use any **screen technology** one hour before bedtime.



**Physical activity** during the day improves your sleep.



Sleep affects your **physical appearance** as well as your mood, **mental health** and your memory.

# Sleep helps the brain to function

## Concentration and mood

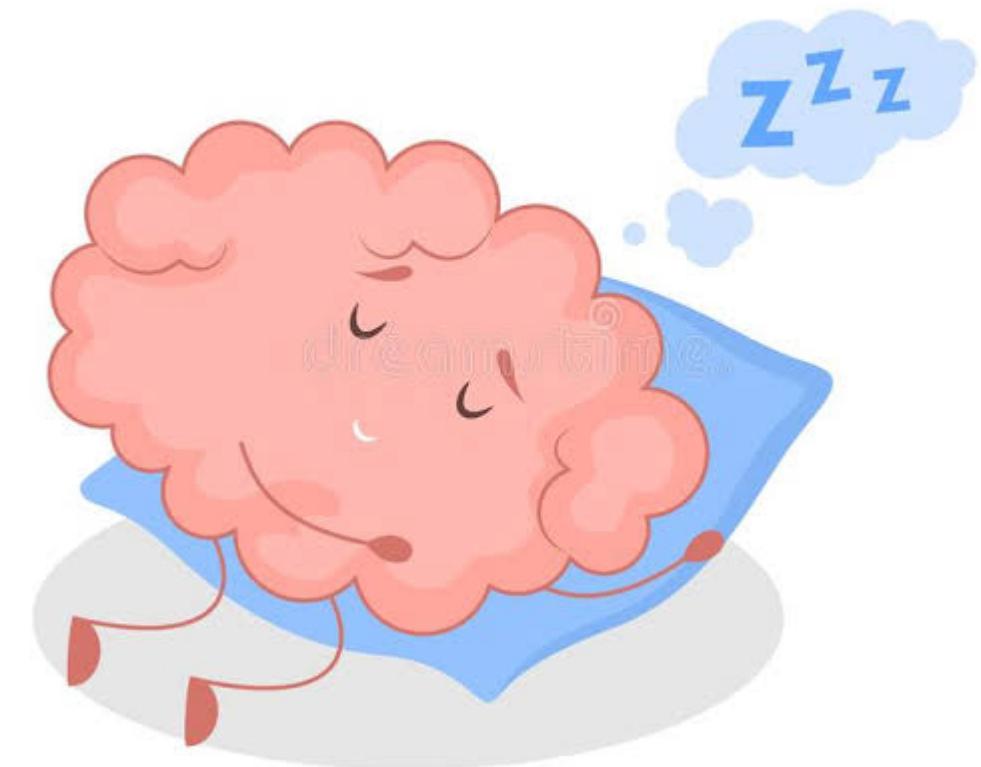
Activity in the brain during sleep improves concentration and mood.

## Memory

Overnight, information moves from our short-term to our long-term memory.

## Productivity and performance

Decision making and cognitive performance (our ability to think) are improved by sleep.



# Sleep helps the body function

## Immune system

Special proteins are released, which support the immune system.

## Regulates hormones

The hormone levels in the body are balanced out.

## Repair and growth

The body works to grow and repair muscles, organs and other cells.



# What impact does sleep have?

In small groups choose either task A or task B below.

**A:**

Draw an outline of a student and makes notes around the outline to show how **good** quality sleep might impact them.

**B:**

Draw an outline of a student and makes notes around the outline to show how **poor** quality sleep might impact them.

# **Watch half of the sleep video (1.30)**

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/oneyou/every-mind-matters/videos-self-care-tips-for-young-people-sleeping-well/)

Add any other ideas to your outline.

# Discussion Points – you can make notes if you want to

How would someone know that they have slept well?

How might someone's sleep change with different circumstances?

How would you define good quality sleep?

How might puberty impact on sleep?

Why can sleeping be difficult?

What are the main factors that impact sleep?

What are the main factors that impact sleep?

# B-e-d

Can you help design an app or a podcast to support young people struggling with their sleep?

**Bedroom routine**

**Bedroom environment**

**Daytime routine**

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/oneyou/every-mind-matters/sleep-self-care/)

Watch from 1.30 onwards for some ideas.

# B-e-d



## Success criteria

### Try to include:

- an explanation of how either bedtime routine, bedroom environment or daytime routine benefits sleep
- suggestions on how to build opportunities for rest and downtime
- strategies for how someone could improve their quality of sleep
- advice on what to do if someone's quality of sleep does not improve

Bedroom routine

Bedroom environment

Daytime routine

# Some ideas to help:

## **Daytime routine**

- eating a balanced diet
- exercise
- limited screen time
- meditation
- rituals
- tidying
- relaxing music

## **Evening routine**

- spray a nice scent
- rest time
- routine
- turning phone off
- washing
- brushing teeth
- reading

# How much do you know now?

## How confident are you in...

- identifying what happens when we sleep?
- describing the benefits of good quality sleep?
- knowing strategies to promote good quality sleep and where to seek support if sleep is difficult?

