

The Importance of Sleep



Amazing Fact

In 1964, Randy Gardner, a 16-year-old American high school student, stayed awake for 11 days and 24 minutes. He was monitored throughout that time by a team of scientists who wanted to study the effects of sleeplessness.

Challenge

Every living creature sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping! While children and adults don't need to sleep quite so many hours as this, our sleep is just as important. We need sleep to keep us healthy, happy, and doing our best!

Sleep hygiene describes how healthy our sleeping patterns are.

Complete the table in order to think about how effective your sleep hygiene is.

You could also try to find out:

- how staying awake for long periods affects the human body and brain;
- whether anyone has beaten this time;
- why the Guinness Book of Records do not keep a record for this category;
- how long the longest sleep ever recorded is.

Sleep Hygiene	Answer
Time I go to sleep:	
Time I get up:	
Number of hours of sleep per night:	
My sleep distractions include:	
My transition to sleep	
An hour before I go to bed I...	
Half an hour before I go to bed I...	
Right before I go to bed I...	
What I should avoid before sleeping:	
Things which help me fall asleep:	