

It is **World Sleep Day** on the 15th March 2019.
To recognise the importance of Sleep we are promoting some helpful tips to get you started.

The benefits of Sleep include

- Improves your concentration levels – so that we can learn and focus in school
- Boosts your immune system – fights off bugs and avoid getting sick
- Helps your body grow and develop
- Enhances memory skills
- Increases your emotional well-being



Take a look at our handouts:

- Helpful Tips for Children
- Helpful Tips for Teens
- The recommended hours of sleep for different age groups

Look out for more information coming soon on our new training package; **Sleep Matters:** How Professionals Can Advise Parents, Children & Young People and workshops for families.

Psychology and Well-being Service
Children, Young People, Education and Skills

