



YOUR BRAIN ON SLEEP

Sleep is an essential function.

Although it may feel like you aren't doing much. Your body is very active, especially your brain.

Did you know?

When you sleep, your brain replays new memories at 20 times the speed. This is called 'replay'

Stages of Sleep

Stage 1 - NREM

Transition from wake to sleep

Stage 2- NREM

Body slows down even more - 50% of your sleep is Stage 2

Stage 3 - NREM

Activity everywhere is at its lowest - important for feeling 'recharged' the next day

Stage 4 - NREM

Deepest stage of sleep important for memory.

REM vs NREM

Brain waves change throughout our sleep. The largest differences are seen between non rapid eye movement (nREM) sleep and REM sleep.

Benefits of sleep

1. Improved memory
2. Boosts immunity
3. Improves mental wellbeing
4. Improved ability to learn



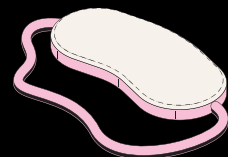
HOW TO GET TO SLEEP BINGO



Avoid
electronics



Go to sleep at
regular times



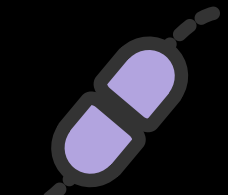
Block out any
light



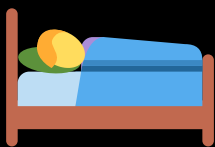
Have a warm
bath



Prepare for
the next day



Block out any
noise



Use your room
mainly just for
sleep



Do something
you find
relaxing



Organise your
thoughts

Name: _____

Date: _____

SLEEP WORD SEARCH



P	G	M	I	I	H	N	R	E	M	G	O	H	B
Q	Y	R	P	D	L	N	L	T	F	Z	J	P	C
A	B	O	O	I	S	I	M	M	U	N	I	T	Y
Y	R	S	C	W	J	Q	B	E	R	P	K	R	W
P	A	R	L	F	X	Q	S	Z	K	R	F	E	S
P	I	P	I	E	K	A	R	D	L	D	S	L	R
D	N	Q	F	P	E	O	V	S	T	A	G	E	S
E	W	Q	J	N	E	P	D	N	W	Y	N	A	C
M	A	N	W	E	L	L	B	E	I	N	G	R	H
L	V	J	R	E	P	L	A	Y	S	S	B	N	H
C	E	O	Y	M	E	M	O	R	Y	M	C	A	L
G	S	J	X	H	F	E	C	B	E	H	T	G	H
Z	D	B	H	Z	B	N	Y	C	O	I	T	R	Z
K	S	I	B	C	L	W	O	O	P	E	N	N	L

NREM
Sleep

Memory
Wellbeing

Stages
Learn

Brainwaves
Replay

Immunity

Answers

Check if you got all them in the answer key below:

P	G	M	I	I	H	N	R	E	M	G	O	H	B
Q	Y	R	P	D	L	N	L	T	F	Z	J	P	C
A	B	O	O	I	S	I	M	M	U	N	I	T	Y
Y	R	S	C	W	J	Q	B	E	R	P	K	R	W
P	A	R	L	F	X	Q	S	Z	K	R	F	E	S
P	I	P	I	E	K	A	R	D	L	D	S	L	R
D	N	Q	F	P	E	O	V	S	T	A	G	E	S
E	W	Q	J	N	E	P	D	N	W	Y	N	A	C
M	A	N	W	E	L	L	B	E	I	N	G	R	H
L	V	J	R	E	P	L	A	Y	S	S	B	N	H
C	E	O	Y	M	E	M	O	R	Y	M	C	A	L
G	S	J	X	H	F	E	C	B	E	H	T	G	H
Z	D	B	H	Z	B	N	Y	C	O	I	T	R	Z
K	S	I	B	C	L	W	O	O	P	E	N	N	L

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