



## Parent Forum

### ***“Sleep for Better Health, Resilience and Performance”***

Approximately 30% of primary school children and 70% of teenagers are sleep deprived. This is having significant consequences on many areas of their lives such as:

- **Learning and academic performance**: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.
- **Emotional and mental health**: studies show students who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem.
- **Behaviour and decision making**: sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents.
- **Body systems**: sleep deprivation affects children’s physical growth, brain development, immune system and plays a key role in weight gain.

The aims of the evening include:

- Creating an awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives.
- Empowering parents with the knowledge, practical strategies and tools to make informed decisions regarding sleep health for all members of their family
- Providing information for parents regarding options for professional help where required.

### ***Topics covered:***

Further details are in the link: [The Sleep Connection: Program Overview](#) .

- Why do we need sleep?
- What happens to our brain and body when we sleep
- How much sleep do we need to function optimally?
- Effects of sleep deprivation on our learning, emotional health, behaviour and body
- Causes of sleep deprivation including physical, psychological, habits and lifestyle
- Impact of electronic devices on sleep
- Signs of sleep deprivation
- Smart sleep habits
- Access to sleep diary
- Where to get further information and/ or professional help