



## 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

## The Sleep Connection

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



#### Lisa Maltman Bio

Lisa is passionate about healthy sleep and concerned about the fact that over 30% of primary school children and 70% of teenagers are sleep deprived. This having is significant consequences on many areas of their lives such as learning and academic performance along with their emotional and mental health.

*The Sleep Connection* was established by Lisa to meet the growing need to educate students, teachers and parents in schools on the importance of sleep health. She collaborates with key Australian adolescent sleep specialists and psychologists from the Woolcock Medical Institute in Sydney which is world-renowned in the area of sleep research.

The aim of the evening is create awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives. Parents will be empowered with the knowledge, practical strategies and tools to make informed decisions regarding sleep health and pathways to treatment for those who require professional help.

Lisa looks forward to sharing the “*Sleep for Better Health, Resilience and Performance*” message with you.

