

SLEEP

By Anna

Intro

In games this term we have been discussing how much water, sleep and exercise a person of my age should need. I was intrigued by this and decided to do my own research. I chose to research sleep. I found out a couple of facts that I am sharing with you today. I hope you enjoy.

Sleep

- When you were little did your parents ever have a problem getting you to sleep? I know mine did. As I got older, I was sleeping in more, but still not getting enough sleep. This is because of two reasons; one, because I stayed up later and, two, because I have more blue screen before bed. E.G: TV or phone. These two factors can affect your sleep pattern as well as your sleep intake so I have found some facts about this topic and things that can help you solve this problem.

BLUE SCREENS

- A blue screen is basically any electronic device you can think of. Phones, computers TVs, you name it! But did you know that these can cause you a lot of damage. You probably sleep with your phone next to you at night or even under your pillow. This is wrong. You should never, ever have your phone next to you whilst you are sleeping for many reasons including the blue rays and fires. The blue rays can affect you brains in many ways, sometimes ending up with you becoming severely learning disabled. You should always charge your phone in another room and have a break from electronics for 12 hours.
- Fires: It has been known for phones to explode next to a person whilst they are sleeping. They can set fire to your clothes or your bed and can really hurt you. This is another reason why you should never sleep with your phone next to you.

So, what can you do?

- It is another well-known fact that if you have too much blue screen before bed you won't be able to sleep for hours after that. So, what can you do? Well for starters, try to turn off any electronics at least an hour before bed. This way your brain can get rid of any bad things in your brain. Try reading or drawing or anything productive to tire you out so you have a good night sleep. I do a workout before bed as it tires out my muscles and I feel relaxed and ready to sleep.

Tips and tricks

When I was little my mum used to give me some tricks to make me go to bed. I'll share two of these with you today.

1. Focus your mind. Lots of the time you can't get to sleep because your brain is thinking about a lot of different things, so try to focus your mind on one thing. Think of a plain line. Nothing on it, no patterns, nothing. Just a plain line. Keep your focus on that thing only and you will find your mind will start to get bored and turn off.
2. Hand tracing. Hold your hand out like you are about to high five someone. Every time you take a deep breathe in, trace your finger up and along your thumb. When you breathe out, trace your finger down the other side of your thumb towards the pointing finger. Keep doing this for the rest of your fingers. Repeat this until you feel yourself falling asleep. I hope these help you.

Excercise

As I said earlier on, I do some exercises to get to sleep. I do some stretches and some HIT workouts to tire out my muscles so I can sleep. Every Saturday my family does a yoga session and a HIT workout that I thought I would share with you in case you need something to do at night. Here are the links:

[Immune Boosting Easy Kundalini Yoga for Beginners - YouTube](#)

[20 MIN HOME HIIT WORKOUT // No equipment, no noise, no impact - YouTube](#)

A little extra.....

Whenever I feel like I need to stretch I just do a little bit of a workout I found online. This makes the day seem shorter as you don't feel as sore or cramped. Enjoy!

[5 Best Stretches at a Stand Up Desk - Bing video](#)

[5 Stretches At Your Desk \(Without Getting Up\) - YouTube](#)

I HOPE YOU ENJOYED MY POWERPOINT
AND THANKS FOR WATCHING!!