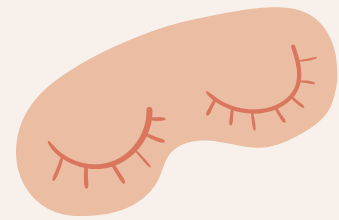


POWER OF SLEEP:



UNLOCKING YOUR ACADEMIC POTENTIAL!

Getting enough sleep is vital for optimal health. It is in direct relation with our metabolism, brain function, immune system, circulatory system, mental health and many more! But how does sleep help students improve academically?



HOURS OF SLEEP

The amount of sleeping hours depends on many things, most importantly, age. This is the recommended hours of sleep needed for each age group:

- Infants 4 months to 12 months: **12 - 16** hours per day
- 1 to 2 years: **11 - 14** hours per day
- 3 to 5 years: **10 - 13** hours per day
- 6 to 12 years: **9 - 12** hours per day
- 13 to 18 years: **8 - 10** hours per day
- Adults: **7 or more** hours per day



COGNITIVE FUNCTION AND ACADEMIC ACHIEVEMENT

Sleep deprivation has a profound impact on cognitive functions critical to learning, such as memory, attention, and decision-making processes. The inability to focus and retain information is a direct consequence of insufficient sleep, hindering your capacity to perform academically.



EMOTIONAL WELL-BEING AND BEHAVIOURAL PERFORMANCE

Your mood and emotions also suffer due to lack of sleep, leading to increased feelings of irritability, stress, and anxiety. This emotional imbalance can disrupt the learning environment, affecting not only your individual performance but also how you interact with peers and educators. Adequate rest is integral to maintaining a healthy emotional state, thus supporting a more conducive atmosphere for learning and personal growth.

EFFECTIVE SLEEP HYGIENE PRACTICES

- Creating a **sleep-inviting environment**: warm, dark and quiet bedroom, with a comfortable mattress and pillows.
- Minimizing **screen exposure** before bedtime: The blue light from phones and tablets can interfere with the normal, sleep-wake cycle.
- Establishing a **pre-sleep routine**: Engaging in relaxing activities like reading, listening to soft music, and taking a warm bath can signal the body that it's time to wind-down.
- Being mindful of **food and drinks**: Avoiding heavy and large meals as well as caffeine.