

Helping local people live healthier lives



Location Family Club Session 9: Sleep & Breakfast

Sleep





Sleep Tips

- Establish a regular sleep pattern & keep bedtime routines consistent
- The bedroom should be quiet, comfortable, and dark.
- Keep TV's, computers, and other electronic devices outside the bedroom
- A warm bath or shower
- A light, healthy snack might help before bed
- Avoid caffeinated beverages throughout the entire day, or at least by lunchtime
- Exercise during the day, and outdoors in daylight, will promote good sleep

Growth & Repair Helps you maintain a healthy weight Importance of sleep Improved concentration and attention May improve memory Helps you make healthy weilbeing May prevent diabetes Decreased risk of heart disease Of sleep Helps you make healthy weilbeing

Breakfast

Can help you concentrate Remember that prior to breakfast you will have gone for up to 10 hours without eating anything, the evidence says it's extremely important for children to have breakfast.

Will help keep blood sugar levels stable

Importance of a healthy breakfast

Provides the energy you need to start the day A good way to kick off your 5 a day

Prevents

unhealthy

snacking

before lunch

How much sleep do you need?	
Age (years)	Hours
4	11h 30 min
5	11h
6	10h 45 min
7	10h 30 min
8	10h 15 min
9	10h
10	9h 45 min
11	9h 30 min
12-13	9h 15 min
14-16	9h
Adults	7-9h

Healthy Breakfast Options

thy Porridge fast



Grilled english

Toast w
butte



Omelette

Low sugar breakfast cereals Natural yoghurt with fresh fruit

breakfast



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