

## PSHE

Sleep is vital for our physical and emotional well-being.

Did you know that you spend roughly a third of your life asleep!

Do some research into the importance and benefit of sleep for the body and brain.

Think about the following;

- What is the recommended number of hours sleep per night for a 10 year old?
- How does sleep help brain function?
- How does sleep help body function?
- What happens to our brain and body when we sleep?
- What can a person do to improve their quality of sleep?

You can present your information in a variety of ways such as booklet, poster, power point or an idea of your choice. You can add fun facts and illustrations.

After you have done your research, try and design the perfect bedroom that would help improve the quality of sleep.

