

# Help young people understand the benefits of sleep



**Better Health** every mind matters

Hello,

Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us.<sup>1</sup>

Our flexible and accessible **NHS approved Sleep resources** were created for teachers, by teachers, to spark discussion among young people about the physical and mental benefits of sleep.

Featuring videos co-created by young people, our resources include engaging, bite-sized activities and advice on how to get a good night's sleep. Like all our resources, these lessons support Relationships and Sex Education (RSE) and Health Education.

Sign up to the School Zone and download our **Sleep resources** for 10-16 year olds, in time for **World Sleep Day** on the 18th March 2022 and beyond.

[Sign up now](#)

*“This lesson offers extremely valuable learning on a very important topic, which affects (or benefits) students’ academic performance and their wellbeing. The videos were highly engaging and my pupils could easily relate to the material”.*

**Classroom Teacher**



## Every Mind Matters, find what works for you

Discussing wellbeing topics with your students is vital, but it's also important to take time to care for your own wellbeing.

There are little things we can all do to look after our mental health, and with the NHS approved Every Mind Matters Mind Plan, you can take a short quiz to find some personalised tips that work for you.

[Get your Mind Plan](#)