The role of sleep in learning

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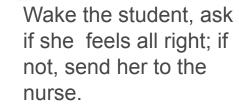
Good-quality sleep helps your child concentrate, remember things and behave well. This helps your child to be a successful learner.

Poor sleep or not enough sleep affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy at school during the day and to have difficulties with learning.

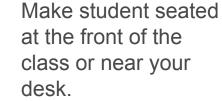
Sleep Tips for Students

DIIPCS Awareness Card

- 1. Plan your schedule around your natural rhythm.
- 2. Be as active as you can in the morning and breathe some fresh air.
- 3. Reward yourself for getting up on time.
- 4. Get outside, don't lounge around in bed for more than 30-45 minutes.
- 5. Aim to get to bed 8-9 hours before your wakeup time.
- 6. Avoid light at night and get some morning light.



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Keep the student active.



Call on the student unexpectedly.

