

# The role of sleep in learning

DIIPCS  
Awareness  
Card

Teachers'  
Strategies

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

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.

1. Wake the student, ask if she feels all right; if not, send her to the nurse.
2. Make student seated at the front of the class or near your desk.
3. Keep the student active.
4. Call on the student unexpectedly.