

HAPPY SLEEP HABITS

Make sleep your superpower! Scientists say children need at least nine hours of sleep every night to feel happy and stay healthy.

Getting a good night's sleep is important for happiness. If we have too little sleep, it can make us grumpy, easily upset and less able to concentrate and learn. It can also mean we want to eat sugary foods that aren't good for us and make us less likely to want to exercise.

Can you find a bedtime routine to make sure you get a good night's sleep every night?

TOP TIPS FOR SLEEP

- ★ Try and stick to a regular bedtime, to help you get to sleep faster and sleep better.
- ★ Have a milky drink an hour before bedtime.
- ★ Make your bedtime space cosy, quiet and dark – light and noise can keep your brain wide awake, making it harder to fall asleep.
- ★ Switch off your tech! Devices like phones, tablets and laptops give out a blue light that makes your brain think it's daytime, keeping you awake. Apps, games and messaging keep your mind whirring rather than letting it rest. So switch these all off an hour before you want to sleep and read a book instead.

