

Session Title	Sleep and Mental Health
Time	40 mins
HWB	Mental, emotional, social and physical wellbeing
Learning outcomes	<ul style="list-style-type: none"> I can show an understanding of the impact of sleep on my mental health I can share ways in which I can develop good sleep hygiene habits
Resources	<ul style="list-style-type: none"> Slides

Slide 1: Introduction (5 mins)

- See introduction on PowerPoint notes section.

Slide 2: Dispelling the sleep myths: Quiz (10mins)

- Option 1:** share the questions on the screen, give participants 3-5 minutes to complete. Once completed go through each question and share the answers with the group. You can use the chat function to encourage participants to share their answers.
- Option 2:** utilise online tools to develop survey to receive instant results.

Slide 3: The impact of poor sleep on mental health (5 mins)

Activity

- Ask the participants to consider and jot down how not getting enough sleep and/or poor sleep can affect our mental health.
- Once completed, ask for a few examples from the participants. Put up the next slide.

Slide 4: The impact of poor sleep on mental health (5 mins)

- Share examples on the slide. Highlight this is not an exhaustive list.

Slide 5: How sleep can boost our mental health (5 mins)

- Read the information on the notes section of the slide.

Slide 6: How to sleep well (8 mins)

Activity

- Share that we should not only be thinking about bed time when preparing to sleep at night but considering what we can do throughout the day to aid this. Ask participants to think about what they can be doing throughout the day and up until bed time to help them sleep well. Give them a few minutes to write down some ideas, take some examples and then share the slide.

Closing message (2 mins)

- Sleep can often be an indicator of how we are feeling and coping in life. We know that good quality sleep can boost our mental wellbeing and making small changes in our day to day lives, like reducing the amount of carbonated drinks we consume to turning off our phones an hour before going to bed can make a big difference to how well we sleep and we feel.

Extension/take-home activity suggestion:

- Ask the participants to visit Sleep Scotland: Teen Zone to support teenagers sleep better <https://www.sleepscotland.org/education/teen-zone/>