



BNF
Healthy Eating
 Week

The Challenge

Get the sleep you need every night – get into a good bedtime routine!

Why is it important to sleep well?

A healthy lifestyle includes getting enough good quality sleep. Regular lack of sleep can affect health, increasing vulnerability to colds and infections and is linked to serious health conditions such as obesity in children and young people, and heart disease and type 2 diabetes in adulthood. A lack of sleep can also have a negative impact on mood. Sleep is important for cognitive skills such as communicating well, memory and creative thinking.

How do I get a good night's sleep?

Children and young people need good quality sleep at night to function at their best. The amount of hours that are needed can vary, depending on age.

Age	Recommended Sleep
3-5 years	11-12 hours at night + up to 45 minutes in the day for 3 year olds
5-11 years	9½ - 11 hours at night
11-16 years	9 - 9½ hours at night

Sleep well tips

- ★ Establish a regular routine for going to bed and waking up;
- ★ Avoid large meals late at night;
- ★ Create a 'sleep friendly' bedroom – a dark, quiet and cool environment;
- ★ Turn off devices such as tablets, phones and TVs at least 1 hour before bedtime and keep these devices out of the bedroom;
- ★ Be physically active in the day.

Not getting enough sleep has been linked to a higher intake of energy (kJ/kcal), eating more snacks and snacking on less healthy foods. Being sleep-deprived can also change levels of hormones involved in appetite, which might increase feelings of hunger and lead to the consumption of more food than the body needs. These factors can increase the chance of weight gain which could, over time, lead to obesity.

Most adults need 7-9 hours of good quality sleep a night to function at their best!



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The Super Challenge

Based on the recommended amount of sleep for your age range, write a sleep plan to help you get the sleep you need every night for a week!

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