



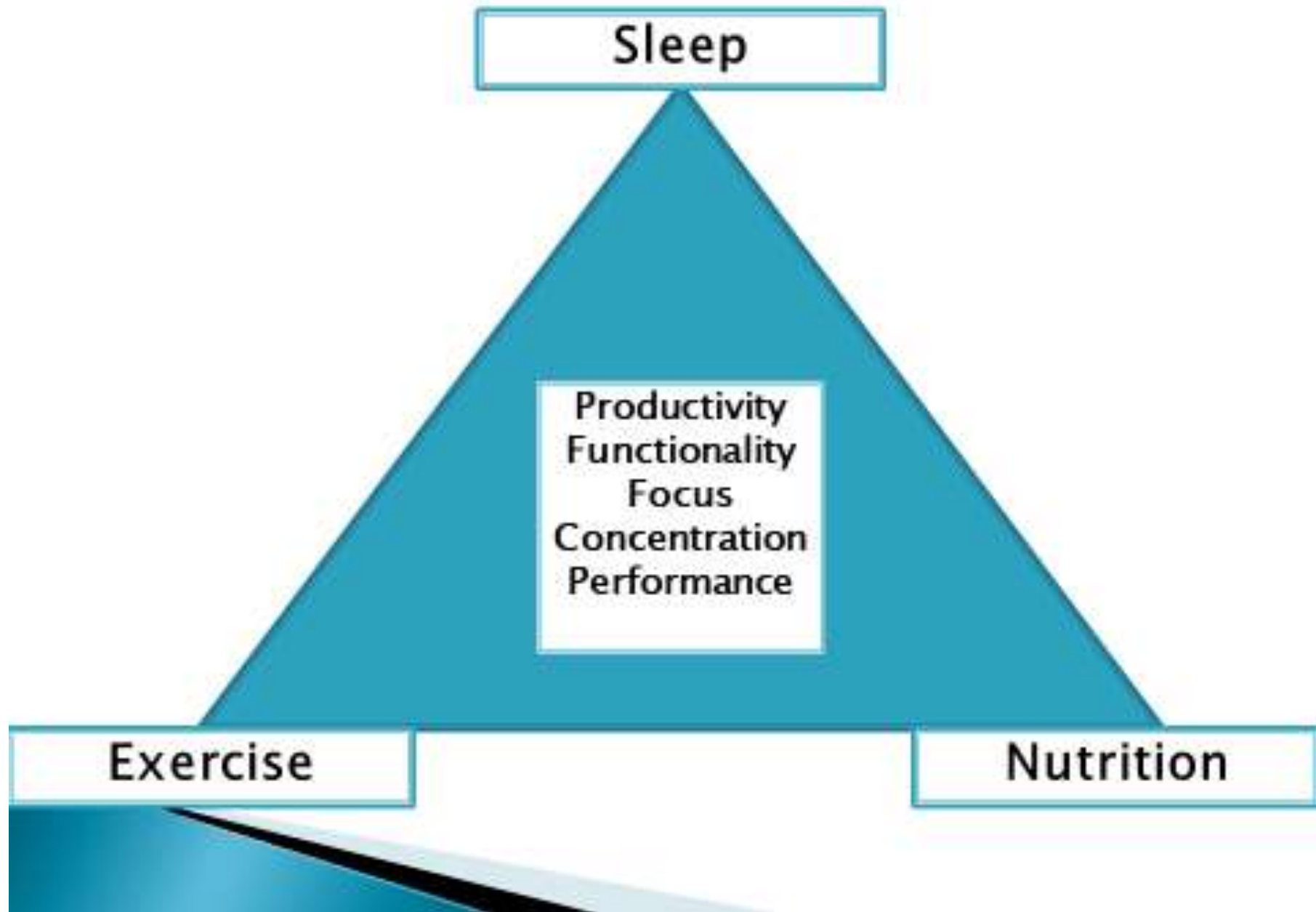
HELPING YOUR CHILD TO SUCCEED

SLEEP, NUTRITION & EXERCISE

TITLE AND CONTENT LAYOUT WITH LIST

- Add your first bullet point here
- Add your second bullet point here
- Add your third bullet point here

Healthy Body
Healthy Mind



Sleep

Exercise

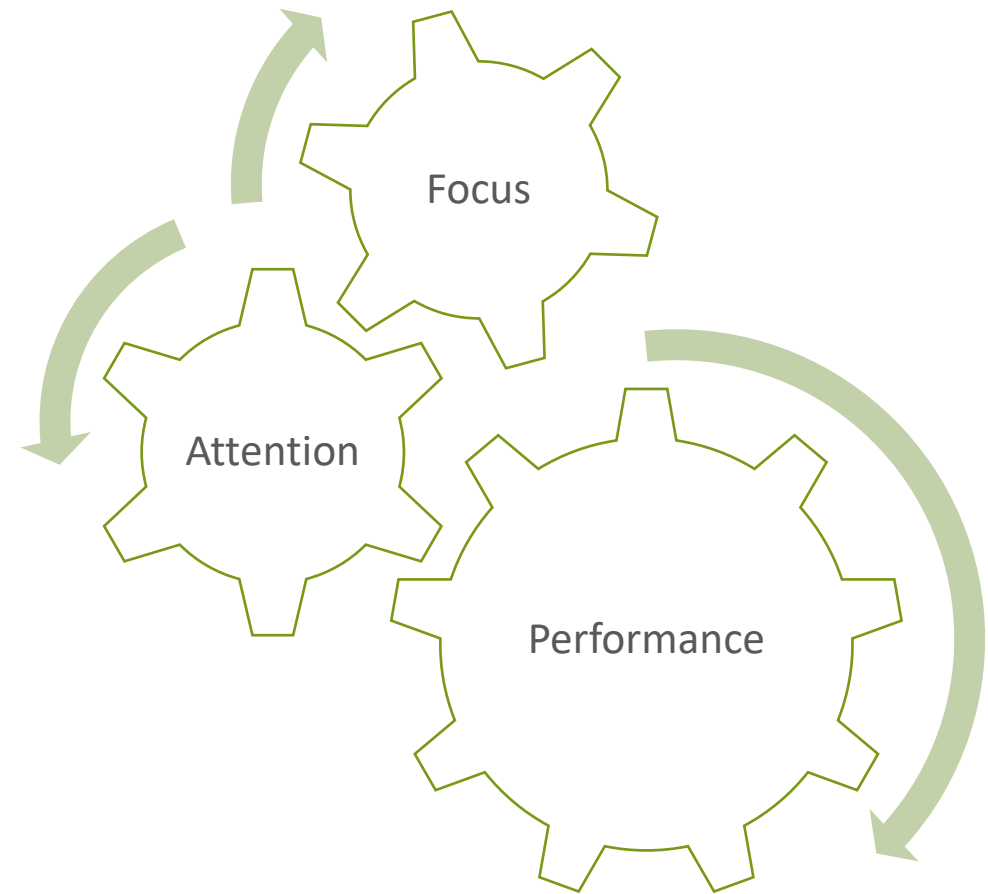
Nutrition

Productivity
Functionality
Focus
Concentration
Performance

SLEEP

IS YOUR CHILD A 'LARK' OR A 'NIGHT OWL' ?

- Your body clock influences you productivity and focus
- Sleep and wake up times can determine when you are most productive during the day
- Body clocks can be changed over time, this can be important in the lead up to exams



LARK OR NIGHT OWL

LARK

- Up early (by 7am)
- Bed by 11pm
- Peak performance around midday

NIGHT OWL

- Up late (around 10am)
- Bed late (1am)
- Peak performance 8pm

Exams begin around 9am or 12.30pm

Teenagers are pre-programmed to be night owls

Body clocks can be adapted over time leading up to exams

Encourage 8-10 hours sleep a night

WHAT IS YOUR CHILDS NATURAL CIRCADIAN RHYTHM (BODY CLOCK)?

Try and avoid

- Late nights
- Lie-ins at weekend
- Technology before bed (blue light interferes with circadian cycle)
- Large meals before bed
- Lots of fluids in the evening
- Broken sleep

Try and encourage

- Consistency
- Routine
- Regular wake times
- Exposure to light in the morning
- Power-naps to catch up on lack of sleep
- An environment conducive of a good nights sleep

NUTRITION

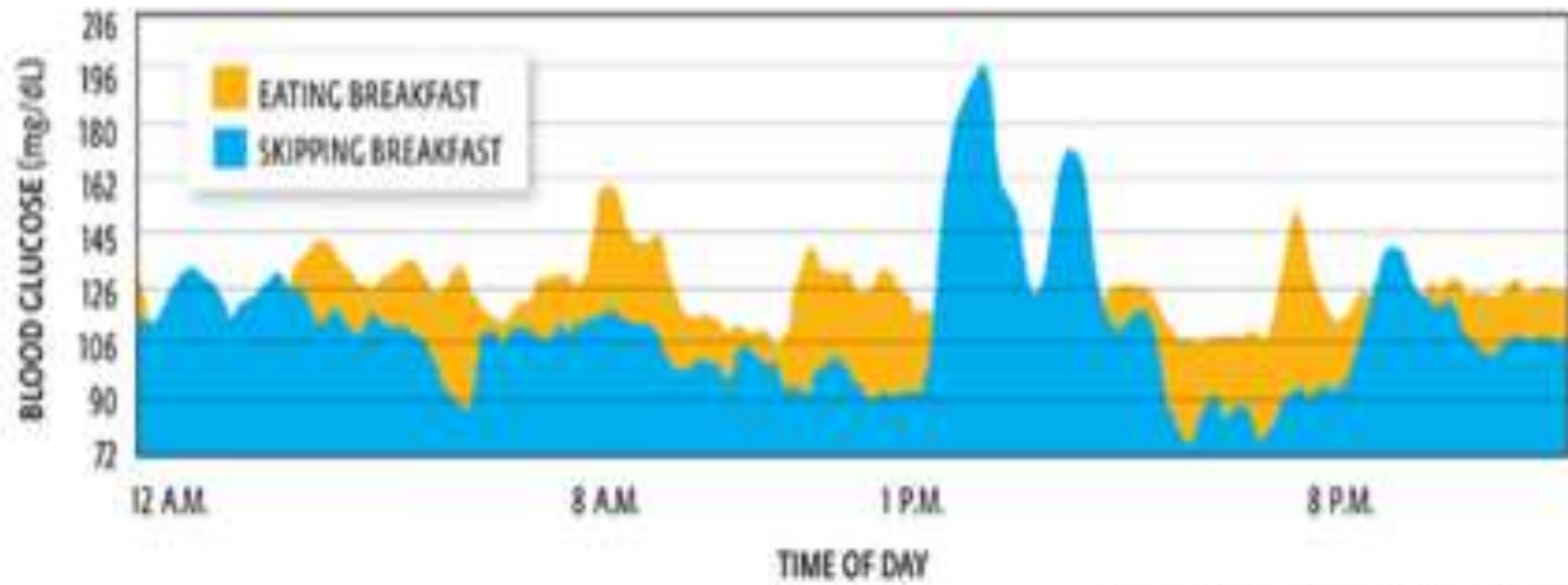
Current Trends – tasty, designed to make you want more.



We are supermarket slaves. What we want to eat is not always what we should eat. Sugar and Fat are addictive.



BAD HABITS



Source: American Journal of Clinical Nutrition

BLOOD SUGAR LEVELS

Eat less CRAP:

C - carbonated drinks

R - refined sugar

A - artificial sweeteners & colors

P - processed foods

Eat more FOOD:

F - fruits & veggies

O - organic lean proteins

O - omega 3 fatty acids

D - drink water

DIET

Example Breakfasts



EXERCISE

EXERCISE

- RELIEVES STRESS
- CLEARS MIND
- RELEASES HORMONES
- ENERGISES
- HELPS FOCUS

EASY FIXES

- WALK MORE (AND FASTER)
- MOVE AROUND DURING BREAKS
- MAINTAIN ORGANISED EXERCISE (CLUBS ETC)
- CREATE 10 MINUTE EXERCISE ROUTINE FIRST THING IN THE MORNING
- MAINTAIN POSITIVE ATTITUDE TOWARD PE LESSONS
- RAISE YOUR HEART RATE EVERY DAY FOR 30 MINS

Top Tips

Sleep

- ▶ Consistent Sleep schedule even at weekends.
- ▶ Recommended between 8-10 hours.
- ▶ Daily exercise .
- ▶ Bedtime routine.
- ▶ Avoid electronics 1 hour before.
- ▶ Avoid caffeine and high sugar foods in the evening.
- ▶ Use of a power nap to overcome a poor nights sleep (15-20mins).
- ▶ Make sleep a priority.

Diet & Nutrition

- ▶ Ensure breakfast is eaten.
- ▶ Eat balanced meals made of whole foods and high in fibre.
- ▶ Avoid sugary food and drinks
- ▶ Stay hydrated, drink water.

Exercise

- Regular Exercise can improve
 - Memory
 - Mood
 - Energy levels
 - Weight
 - Health
- 60mins/ day.
- Walk to and from school.
- Move at lunch time and break time.
- Play sports

TOP TIPS