



i-vengers UNITE!

We are the i-vengers from... **Shirland
Primary School.**

 **i-vengers**

Learn to be a hero.

Strange Sleep Facts!



Sleep and Screens

Fact One



Sleep-walking is when some people get up and move around during their sleep, like going on a night-time adventure without knowing it!

Fact Two



Sleep-talking is when people talk or make sounds while they're still asleep.

It's like having secret conversations while you're dreaming!

Fact Three



Lucid dreaming is when you're the boss of your dreams. You know you're dreaming, so you can make your dreams as cool and exciting as you want. It's like being a superhero in your own dream adventure!

Fact Four



Some people get up at night to eat, and they might eat some unusual stuff, like weird food combinations or even things that aren't food at all, like toothpaste or raw pasta.

It's like having a secret midnight snack party!

Remember!



Sleep can be mysterious and fun, and these facts show how our brains sometimes do strange and amazing things while we're asleep.

So, remember to get a good night's sleep to enjoy all the interesting stuff happening in your dreams!

Tips for a Good Night's Sleep



Tip One



Try to go to bed and wake up at the same time every day, even on weekends.

This helps regulate your body's internal clock and makes it easier to fall asleep and wake up.

Tip Two



Establish a calming routine before bedtime, such as reading a book, taking a warm bath, or doing some light stretching exercises. Avoid stimulating activities like watching TV or playing video games close to bedtime.

Tip Three



Ensure your bedroom is a comfortable and relaxing place to sleep. This means having a comfortable mattress and pillows, and keeping the room cool, dark, and quiet. You can use blackout curtains to block out light and earplugs to reduce noise.

Tip Four



Caffeine and sugary snacks can keep you awake, so it's a good idea to avoid them in the evening.

Opt for a glass of water or a small, healthy snack if you're hungry.



Tip Five

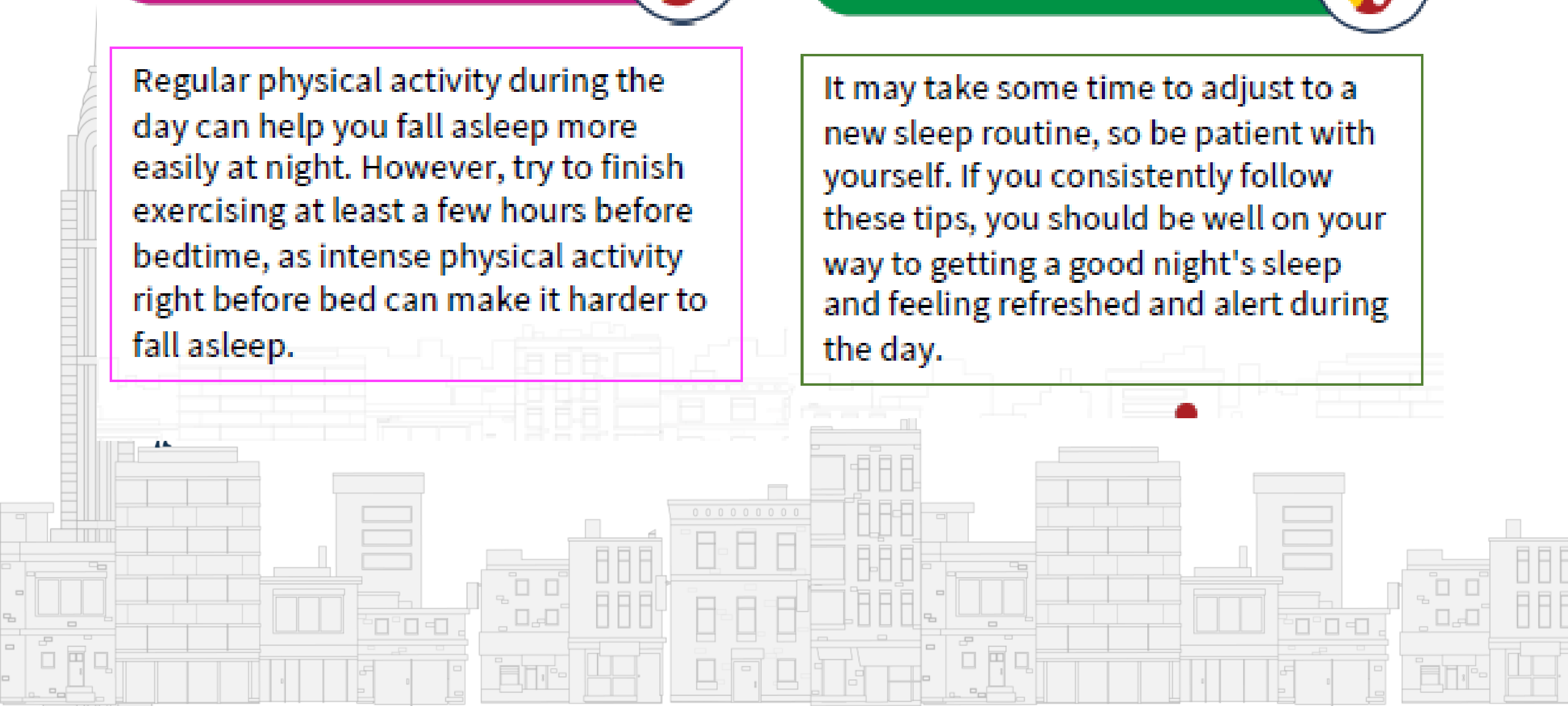


Regular physical activity during the day can help you fall asleep more easily at night. However, try to finish exercising at least a few hours before bedtime, as intense physical activity right before bed can make it harder to fall asleep.

Remember!



It may take some time to adjust to a new sleep routine, so be patient with yourself. If you consistently follow these tips, you should be well on your way to getting a good night's sleep and feeling refreshed and alert during the day.



Screen Time and Sleep



Fact One



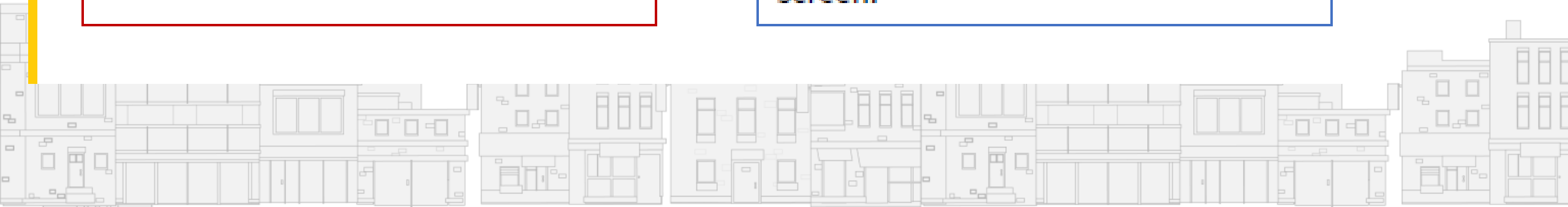
Using phones, tablets, or computers right before bedtime can make it harder to fall asleep because they're exciting and they keep your brain busy when it should be getting ready to rest.

Fact Two



If you spend a lot of time on screens, especially at night, it might make you sleep less.

Getting enough sleep is important, so try not to stay up too late on your screen.



Fact Three



Using screens late at night can trick your brain into thinking it's still daytime, which makes it take longer to fall asleep.

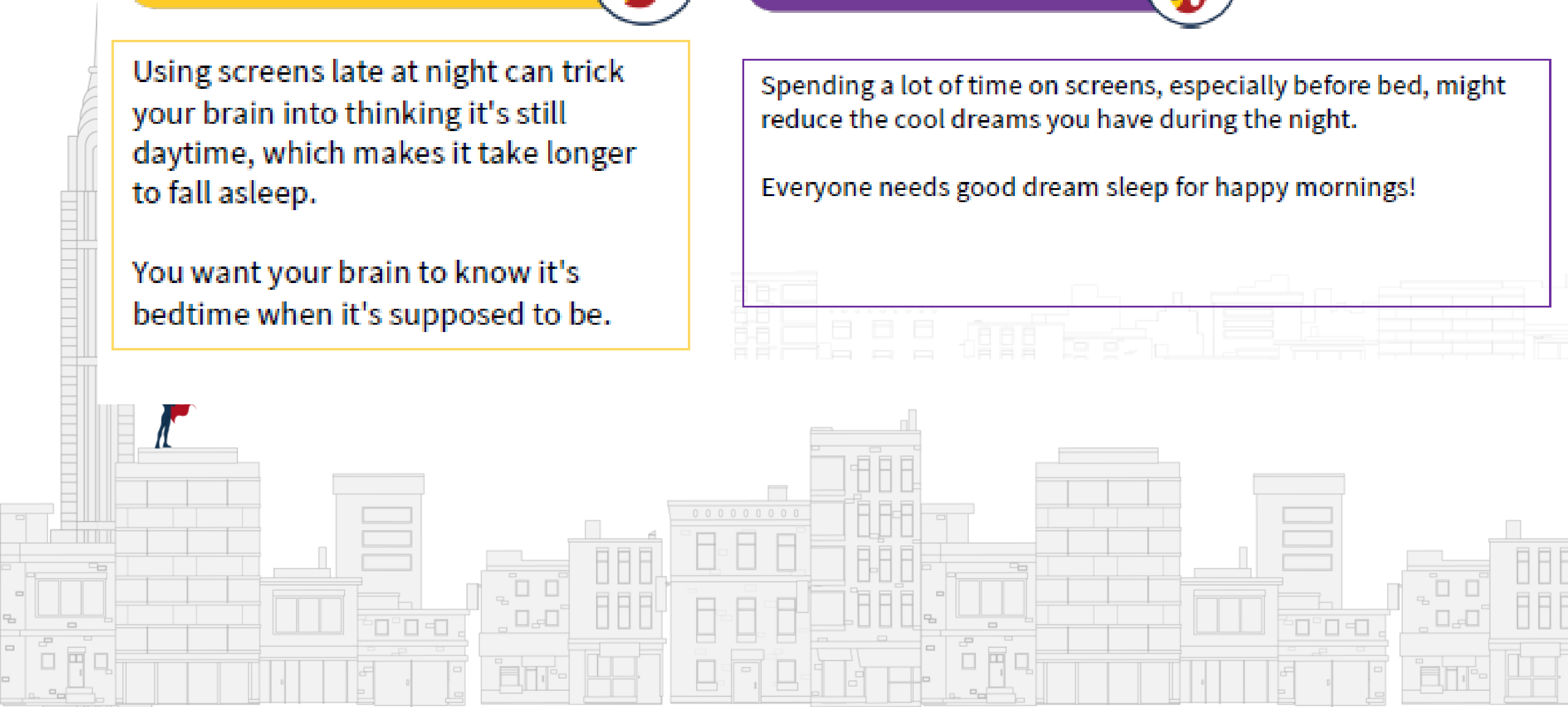
You want your brain to know it's bedtime when it's supposed to be.

Fact Four



Spending a lot of time on screens, especially before bed, might reduce the cool dreams you have during the night.

Everyone needs good dream sleep for happy mornings!



Remember!



So, remember, too much screen time before bed can really mess up your sleep.

To have a great night's sleep, try to turn off screens and wind down before bedtime.

The logo for 'i-vengers' features a stylized lowercase 'i' with a red dot and a yellow-to-red gradient bar, followed by the word 'vengers' in a bold, dark blue, sans-serif font.

i-vengers

Turn Off and Tune In Challenge



The i-vengers have been teaching us lots about how important sleep is. It helps us to grow and learn.

To help us sleep better, we are going to turn off all our screens (including the TV) at least half an hour before bedtime for at least a week... but you can try doing it for longer!

If you turn off your screen, ask a grown up at home to sign below that you have and then bring this card back in. The class which manages to turn off their screens the most will be presented with a PRIZE from the i-vengers!

Good Luck from,
The i-vengers

I have turned off all my screens at least half an hour before I went to bed.

Class – Name -	Signed
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	