



KINGSBURY HIGH SCHOOL

Mental Health Bulletin

Hello there Kingsburians!

This week's Well-Being Bulletin challenge is sleep. Zzz

It is a necessity for our survival as mankind: you need it, your teachers need it, your parents need it, even I need it.

I understand that this pandemic has destroyed our schedules -the sleep one in particular . When I go on WhatsApp I see that my close friends were active at 4 am (very late) but would be messaging me at 10 am. 6 hours is nowhere near enough, as developing teenagers we need a minimum of 8 hours of downtime. According to the NHS, our generation (15 years olds) need approximately 9 hours and 15 minutes of sleep. It is much better for you to sleep at the same time and during the night and not the day if possible. Sleep is the most important part of my day. Some of us have been given through social media "memes" the vile mentality of sleep being for the weak. It is not! Sleep, as passive as it may seem, is what helps to create a balance within our life. It is a time when we are doing nothing, nevertheless so much is happening.

During deep sleep muscles are relaxed and tissue growth and repair is initiated, this is because when we sleep, hormones are released, in particular the growth one's. -I am not the only one that wants to be 6'2!

According to "Brightside (2020)" whilst we sleep a chemical is released in our brains, washing away all toxins, keeping us safe.

According to "Queensland health-2018" (2020) whilst we sleep - dreaming about unicorns- our brains sort and store the day's information, this process is used to categorise what is to be kept in the long-term memory and what is to be forgotten.

Sleep and concentration are linked. It is not rocket science when you think about it, if you give your body and mind time to relax and process things then your brain would be refreshed therefore being able to concentrate and apply itself 100%. This means that sleep deprivation would have a detrimental impact on our cognition (how we think).

Continuously being sleep deprived is linked to risks of developing depression. One reason to this may be that your brain is getting overwhelmed therefore the slightest change in situations can lead to stress and anxiety.

Sleep deprivation is linked to social awkwardness, what this means is that you are too tired to interact with others, which could ruin your relationships with them. According to one study done by "Health line (2020)" those with sleep deprivation had slow reaction times, they were unable to understand situations or even read them- as if they were tipsy.

If your mind is happy then you will be happy.

So Kingsburians, get some good sleep, do not go to bed too late, it is one of the most important things you can do for your well being.