

## Infographic: Sleep for Health

*An activity of "How to sleep well."*

Sleep is essential because that is when your body rests and repairs itself. While you sleep, your brain organises information you took in while you were awake. You should try to get at least seven hours of sleep every night. "How to sleep well" (page 18, *What's Up* January 2021) tells you how to get that much needed sleep. Read it carefully. Then, do this activity in pairs.

1. Discuss the relation between sleeping well and being able to live well.
2. Jot down your thoughts in and around the five trapeziums →. Decide which points go into each category:
  - Situations that result in lack of sleep
  - Effects of sleep deprivation
  - Benefits of sleeping well
  - Optimal conditions for refreshing sleep
  - Do's and don'ts for sleeping well.
3. Create an infographic to share the findings of your discussion. Your infographic should be brief, attractive, catchy, and informative.
4. Share your infographic with your class.
5. Remember to apply what you know about sleep!



