

## Health and Wellbeing: Sleep

At Swansea City AFC, it's really important that we help our players perform to their full potential every time they step onto the pitch. One of the ways we can do that is to help them have positive health and wellbeing.

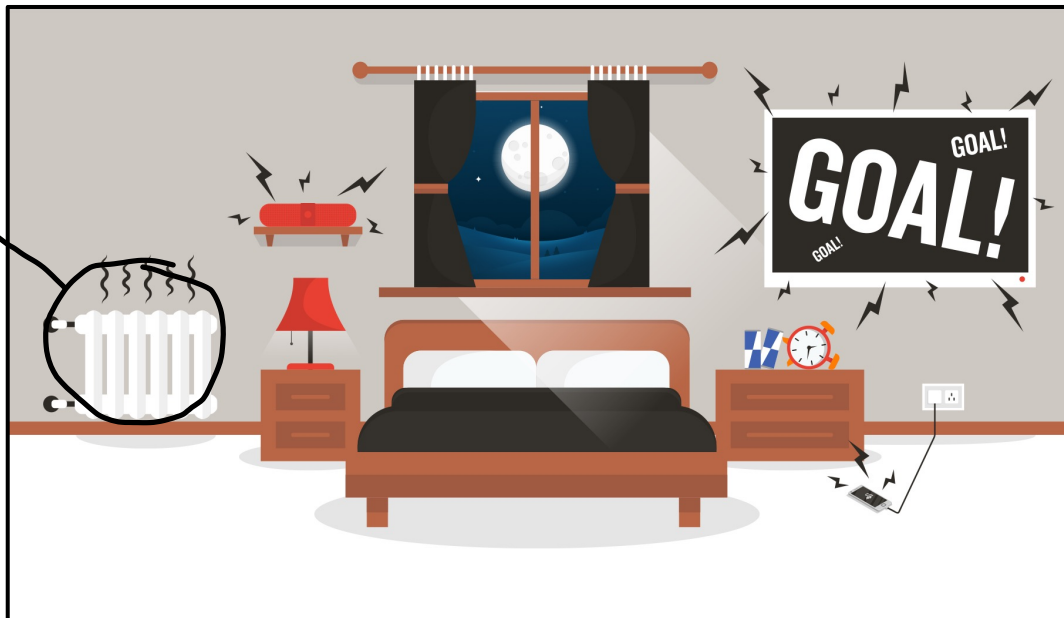
But positive health and wellbeing is not just for footballers, it's really important for you too, especially during this current Corona Virus crisis.

One of the most important factors in staying mentally and physically healthy is getting a good night's sleep. You feel better, make positive choices and manage stress more effectively.

The NHS recommends that young people get between 8-9 hours sleep a night. How does that compare to your average night?

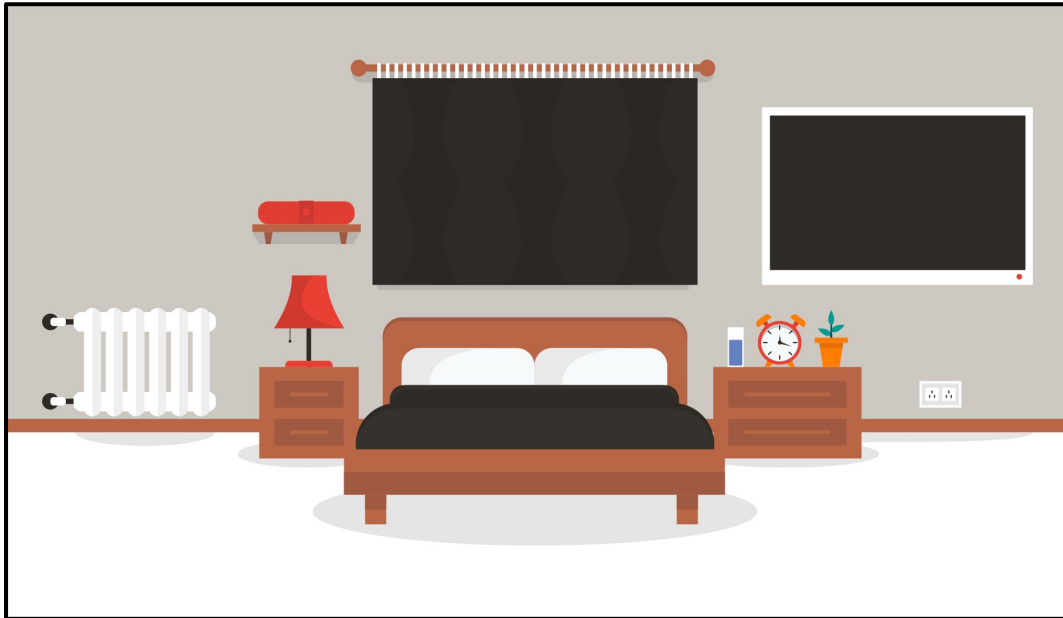
The space we create in our bedrooms (our sleep environment) makes a massive difference to the length and quality of our sleep. Take a look at the picture below and see if you can identify and label the things in this bedroom that will make it harder for someone to go to sleep and stay asleep. We've done one to get you started.

Room  
is too  
hot



## Sleep Challenge

We've created a bedroom that would be perfect for getting a good night's sleep. Take a look at it and see if there are three changes you could make to your room that will help you get higher quality sleep over the next week. Simple changes can make a massive difference.



Change 1 .....

Change 2 .....

Change 3 .....

Let us know what changes you've made to your sleep routine and how you feel as a result. Get in touch on Twitter by tagging @swanscommunity and #PLInspires.

### Swans Community's Top 3 sleep tips

1. Try to go to sleep and wake up at the same time every day
2. Stop looking at screens 45 minutes before bed- read a book!
3. Wait 3 hours between eating your last meal and going to sleep

**What is meant by the term health?** Health is a person's physical and mental condition. Being healthy is being free from illness or injury.

**What is Wellbeing?** Wellbeing is the state of being comfortable, mentally healthy and happy.

Health and well-being together, can be described as an individual being both physically and mentally well and being able to maintain it.