

# Children get lessons in sleep

**Sian Griffiths**, Education Editor

September 1 2019, 12:01am, The Sunday Times



Children will be taught that a lack of sleep damages their creativity and ability to play sport  
WESTEND61/GETTY

Children will for the first time have lessons about sleep, amid rising concern that those who get too little of it could end up suffering from anxiety and depression.

The classes, based on advice from the academic Matthew Walker, author of the bestselling *Why We Sleep*, are being introduced this month in 70 schools run by the private education group Cognita.

Children will be given tips such as how to deal with insomnia, why they should not have their phones in their bedrooms at night and why they must cut down on caffeine-heavy drinks such as Red Bull.

The lessons will tell young children that they need 10 to 11 hours a night, whereas teenagers need nine to 10 hours. Children will be taught that a lack of sleep damages their creativity, ability to play sport and process emotions and affects their memory.

They will also be taught to avoid naps, and get 30 minutes outside in natural light every day, preferably in the morning to help regulate their internal body clocks.