

WIN
Family Experience
Vouchers worth
£200!

THE HERTFORDSHIRE SUMMER SLEEP CHALLENGE!

25 July- End of August 2022



The Hertfordshire summer sleep challenge is for young people aged 11 – 18 and their families*

A good night's sleep makes a huge difference to how we feel and function.

You may have heard people tell you how much sleep you 'should' be getting, but sleep is like a t-shirt – there's no 'one size fits all'. Most young people need between 7 and 11 hours sleep but we know that pressures of school, and other demands on our time make it difficult to really know how much sleep you personally need.

That's why we're inviting you to join Hertfordshire's summer sleep challenge to work out how much sleep you and your family members ideally need.

If you let us know you've completed the challenge by emailing your completed summer sleep challenge log to justtalk@hertfordshire.gov.uk by **31 August 2022**, you'll be entered into a prize draw and be in with the chance of winning **Family Experience Vouchers worth £200!**





THE CHALLENGE!

For 2 weeks over the summer school holidays, you'll sleep to your natural rhythms – no morning alarms!



It can be really helpful (and easier) to do this together as a family, but if you're a parent or carer and your work requires you to be up early and you don't think this will be achievable, you might want to just set the challenge for any children/young people in the home.

For 2 weeks you will switch off any morning alarms and allow anyone participating in the challenge to sleep to their natural rhythms. Light really interferes with our ability to sleep as it signals to our brain that it is daytime and that we should be awake, so to work out your natural sleep rhythm, you'll need to switch off all screens etc. in the evening and overnight (an hour before the intended bedtime; and no later than 10pm)– this way you will fall asleep naturally and wake up naturally.

Sleep can also be really affected by caffeine, so we recommend avoiding tea, coffee or energy drinks after lunchtime while you are participating in the challenge.

For the first few nights you'll sleep longer so this won't give you a true indication of how much sleep you need generally – but after this, if you go to sleep at the same time each night, you'll start to find yourself waking up at a roughly consistent time, and this will tell you how much sleep you naturally need.

Use the 2 Week Summer Sleep Challenge log to note down your sleep times. You can print this out at home if you have a printer, or we can post you hard copies. Just email us and let us know how many you need, and where to post them to: justtalk@hertfordshire.gov.uk

*Younger children can still complete the summer sleep challenge with family members, but you may need to repeat the process as they get older as the amount of sleep they need will change as they enter adolescence.

Terms and Conditions for the voucher prize draw

Young people can enter directly, or their parent/carer can enter on their behalf

Young people entering must be age 11 – 18

Young people entering must either live or attend an education setting in Hertfordshire

Only one entry is allowed per young person

Vouchers cannot be exchanged for a cash alternative

The prize draw will take place on **1 September 2022**



YOUR 2-WEEK SLEEP LOG



NAME:

AGE:

	Estimated time you fell asleep	Estimated time you woke up in the morning	Estimated number of hours you were asleep	Any big (more than one hour) interruptions to your sleep
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

To enter the prize draw for £200 Family Experience Vouchers, simply email a photo or copy of this completed page to justtalk@hertfordshire.gov.uk by 31 August 2022, and you'll be entered into the prize draw.