Thrive 365

Dragonfly: Impact Education



Did you know?

Feeling tired all the time is one of the most common reasons people visit their GP. It even has its own acronym: TATT. The reasons for being TATT can be psychological, physical or down to lifestyle. Adults need 7-9 hours of sleep a night (and children 9-13!).

Part of the reason it's so important to our wellbeing is that Human Growth Hormone (HGH) is released while we sleep and is responsible for things such as normal brain function. The largest amount is released before midnight, between 10pm-12am. So, what can we do to help us drop off?

1 Get active outside

One of the best ways to unplug from daily pressures is to get outside. This isn't easy to do during the dark days of the winter term, so take every opportunity you can. A Saturday morning walk, volunteering to walk to the post office with the parcels, or just a walk round the block with an audiobook or a friend after school. Being outside can put the stresses of the day into perspective and help to address some of those psychological barriers to sleep.

2 Helpful conditions

In times of high stress and busy-ness it can be easy to forget the basics.

Make sure the bedroom isn't too warm, steer clear of caffeine and switch off from technology at least an hour before bed. Also avoid foods that contain tyramine before bed. Tyramine is an amino acid that stimulates brain function and has also been linked to migraines. It's found in some cheeses, pepperoni, ham and chocolate amongst other things!

Also, if dropping to sleep is an issue for you, make sure to always get up at the same time each morning – even at the weekend!

3 Do what you love

Sometimes, we feel tired because we've not done enough of what brings us joy and makes us feel energised. For us at Dragonfly Impact, that includes family time, walks in nature, being creative, yoga, cooking and reading. Set aside a period of time each day to do something that you enjoy – and resist the temptation to channel hop or scroll through social media timelines.

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