



Study Bites #3

Sleep Well

Every night when we sleep, our brains complete 4-6 sleep cycles. It is these sleep cycles that help us process our day and any learning that has occurred. Our brains use these sleep cycles to move our learning from our short-term memories to long term memories. Therefore, if we don't get enough sleep, our learning can be impacted. Use the links below to learn more about sleep cycles and get some tips on how to "sleep well."

Sleep and Young People – Putting the Myths to Rest

<https://headspace.org.au/assets/download-cards/HSP032-MythBuster-Sleep-and-Young-People-RGB-FA04.pdf>

Why Healthy Sleep is Crucial for Academic Success

<https://www.youtube.com/watch?v=bom6ZrVwGlc>

Sleep and Teens

<https://www.youtube.com/watch?v=eaelOvmjfVQ>

Eat Well

We all know that eating well can impact our physical and mental health. But, have you ever thought about the fact that eating fresh, wholesome foods during intense periods of study (for example the HSC), can positively impact your learning? Headspace, Reachout and The Royal Women's Hospital all have resources on this topic. Explore them below:

Eating Well for a Healthy Headspace.

<https://headspace.org.au/young-people/eating-for-a-healthy-headspace/?stage=Live>

Foods that Help our Brain Study

<https://au.reachout.com/articles/foods-that-help-our-brain-study>

Food and Nutrition for Adolescents – Eating for Study

<https://www.thewomens.org.au/health-information/staying-well/adolescent-girls/food-and-nutrition-for-adolescents#Eating%20for%20study>

Exercise

Reading the words “exercise is good for your physical, mental and emotional health” shouldn’t be anything new. But did you know that exercise can help you with your study? Watch the clips below.

Physical Exercise for Brain Power

<https://www.youtube.com/watch?v=9EOYazFydDs>

Physical Activity is Miracle Gro for the Brain

<https://www.youtube.com/watch?v=ZofSVuSnCFk>

So...

Sleep Well,

Eat Well,

Exercise

and you should be able to

Study Well!!!

