

NUTRITIONAL SLEEP

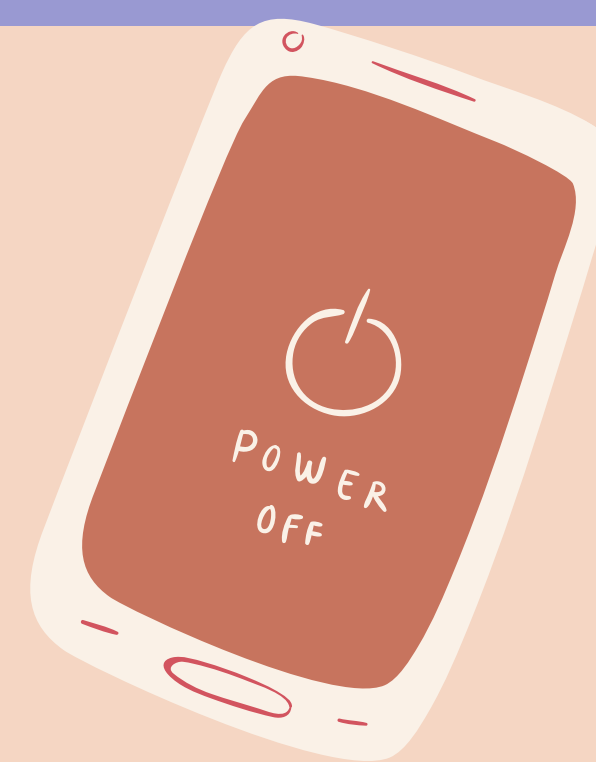
HOW YOUR NUTRITION CHOICES AFFECT YOUR SLEEP + OVERALL HAUORA

Stay clear of fast-release nutrients during the day.



This includes avoiding beverages and foods that contain caffeine and fast energy-release ingredients (high sugar value etc) as it will burn out your energy quicker and make it a lot harder to fall asleep at the end of the day.

What is your Hauora?



HAUORA = WELLBEING

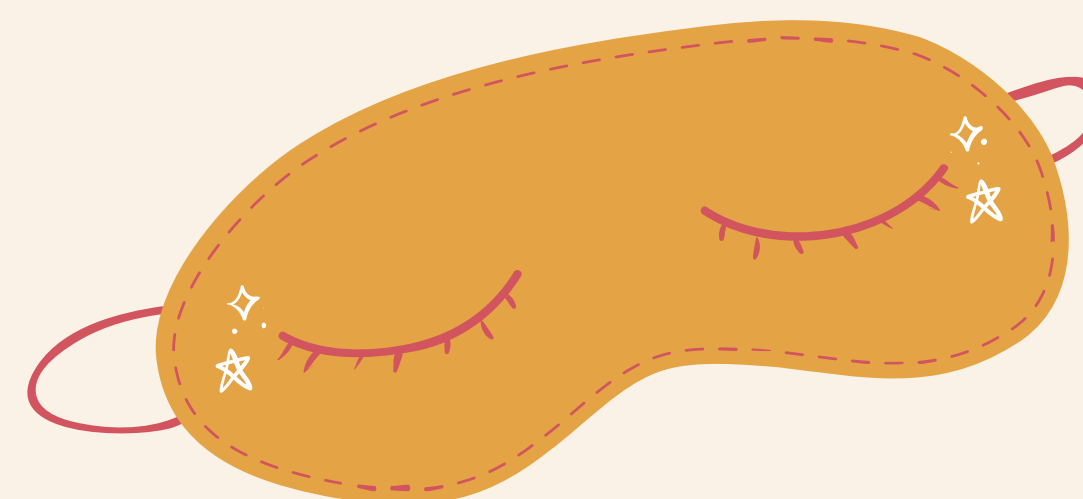
Hauora is a Maori health model and a measure of your overall well-being. It includes your Physical, Emotional, Social, and Spiritual well-being and ensures that if all four walls of your Hauora are accounted for, your overall well-being will be positively impacted.



How lack of sleep affects the Hauora of WGC students.

Lack of sleep affects your overall Hauora, especially within a school setting. During the day you will feel more restless and struggle to take in information if your sleep quality the night before was poor. This, in turn, impacts all sectors of your Hauora as well as your ability to thrive in a school setting (see page 2).

Stick to a consistent sleep schedule.



eg. Going to bed and waking up at the same time every day (consistently). When you get into this pattern, your body clock will start to get into a routine and will make it easier for you to fall asleep quicker and wake up less tired.

What WGC will look like if everyone is getting enough sleep?

If WGC students are obtaining a beneficial amount of sleep consistently, they may receive better education results on school assignments as there is more opportunity for higher concentration in class as well as motivation to learn. It will also make school a happier, more positive environment as students may be mentally more calm and happy which, in turn, is improving everyone's social well-being (possibly as well as their mindset towards school).



PHYSICAL

One side of Hauora is physical well-being (Taha Tinana). This is the side of your overall health that includes the impacts physical activity has on you. Physical health affects your overall Hauora because if you are staying active and physically healthy, you will have an improved ability to complete everyday activities. In the context of nutritional sleep, lack of sleep can often cause restlessness as well as a lack of motivation and ability to physically participate in required everyday activities.

MENTAL AND EMOTIONAL

Another side of Hauora is the mental and emotional side (Taha Hinengaro). This is the side that measures the effect things like lack of sleep have on your mental and emotional health. When this side of your Hauora is affected by lack of sleep, you will be more short-tempered and impatient. This ties into the context of nutritional sleep because if you are consuming large amounts of fast energy-release foods, it is harder for you to go to sleep later in the day, therefore affecting concentration levels throughout the school day.

SPIRITUAL

The spiritual side of Hauora (Taha Wairua) is what you value as a person/the morals you hold. For example, if you were to value family and friends but due to the lack of sleep you may have endured the night before, your social interactions may be less positive, decreasing your spiritual health. Nutrition-enhancing sleep can affect your values as you won't have the energy to hang out with family and friends.

SOCIAL

The social side of Hauora (Taha Whanau) can be affected by poor sleep quality because if it affects your emotional health/mood, you will become less sociable, meaning your social well-being will decline. If you aren't consuming nutritional content which will enhance your sleep later in the day, you will be lacking in sleep quality, meaning you will possibly become more easily grumpy/agitated, leading to less positive social interactions with your peers.