

Importance of sleep education at school

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Regular lifestyles such as balanced diet, proper exercise, adequate sleep are important for children to maintain and to promote healthy mental and physical condition and to grow. In recent years, disorder of lifestyle habits has been pointed out as one of factors of problem behavior such as motivation for learning, physical fitness, decline in vigor and school refusal, violent behavior, violent word. For this reason, it is necessary for schools, families, and communities to cooperate with each other as a problem of society as a whole as a disorder such as diet and sleep at home. In that sense, it is significant to promote "Health Education" now.

With regard to sleep especially, new facts are becoming evident every day since the gene of the body clock was discovered in 1997, concerning the relationship between the mechanism of the body clock of a person and health

etc. Therefore, it is important to obtain the latest correct information when doing guidance, based on scientific grounds. However, in educational activities, there is no meaning to decide unteasible goal

Therefore, while respecting the scientific basis, it is also necessary to setting a goal tailored to the actual situation of children and communities, and to ensure thorough guidance.

It is suitable to have the guidance at before summer vacation. Also, it is considered effective to look back on the situation of individual sleeping, making awareness about sleep, using the survey during the summer vacation period.

Parents' understanding is indispensable for creating children's regular lifestyle. Therefore, it is important to educate parents about the importance of sleeping through parents' association, school health committee, family education class, etc.

"International Comparison of Average Sleeping Time" shows that the short sleeping time of Japanese people stand out in the world as well. In order to improve this health problem also, to have correct knowledge on sleep at school education place, ensure adequate sleeping time over the lifetime, I think that it is important to make get a good sleep to live a healthy and vibrant life.

2 . About sleep

The cyclus of people's biological clock is usually set up in (about 24.2 hours) in slight length from 24 hours. It turns out after rising that a biological clock is rash and I am adjusted in 24 hours by basking in sunlight or eating breakfast. Moreover, various work of the body of working in the daytime and sleeping night is programmed by people's biological clock. This means control of a sleep rhythm (sleepiness), hormonal secretion (melatonin etc.), Moreover, I have been scientifically solved about the

bigness of the influence which sleep debts, such as becoming a Risk of a lifestyle-related disease by progress of research in recent years if lack of sleep continues, have on people's health. and regulation of body temperature, etc.

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