



# World Sleep Day 2026

*Sleep Well, Live Better*

*Quality sleep improves thinking, emotional stability, immunity, and daily functioning*

# Today's session

## What will we cover?

About World Sleep day

Interesting facts about sleep

Why sleep matters

What Happens When We Sleep and The Sleep Cycle

Effects of Sleep Deprivation

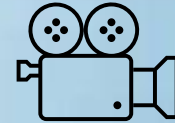
Revenge Bedtime Procrastination

What helps you get a good night's sleep?

Tips for better sleep



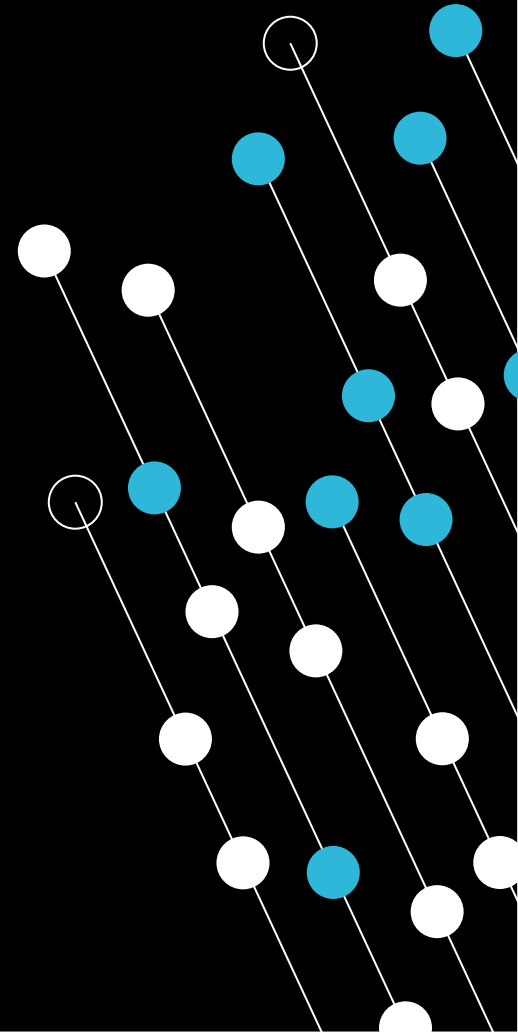
Welcome ! Click [HERE](#) to play the video



**World**  
**Sleep Day.**  
*Hosted by World Sleep Society*

[worldsleepsociety.org](http://worldsleepsociety.org)

[worldsleepday.org](http://worldsleepday.org)



# Why sleep matters

## According to global sleep experts:



- Up to 45% of people worldwide experience sleep problems.
- Sleep influences memory, mood, heart health, metabolism, learning ability, and longevity
- Poor sleep increases the risk of chronic disease, accidents, low productivity, and anxiety
- Improves memory and ability to learn.
- Strengthens the immune system to fight infections.
- Regulates blood pressure and reduces heart risks.
- Helps control body weight and metabolism.
- Improves mood and reduces anxiety.
- Increases focus, creativity, and productivity in workplaces.
- Lowers risk of diabetes.
- Balances hormones and improves recovery.
- Repairs muscles and helps with the healing process.
- Promotes longer, healthier life.

# Interesting facts about sleep

**The longest someone has gone without sleep is 11 days, 25 minutes.**

While still in high school, a student went 264.4 hours without sleep, for which he won first place in the 10th Annual Great San Diego Science Fair in 1964. When asked if he'd do it again, Randy gave a resounding "no."

**Tigers and infants sleep the same amount.**

Most human infants need about 16 hours of sleep a day –about the same as a full-grown tiger! The sleepest animal in the world is the koala, which spends about 18-22 hours a day snoozing.

**Elephants sleep less than any other animal.**

You may have heard that an elephant never forgets, but scientists aren't sure why. It's thought that humans process memories during REM sleep. Elephants, on the other hand, have been observed to only go into REM sleep every three to four days, and they only sleep for about three hours.

**Think you don't dream? Think again.**

Humans usually have between four to six dreams a night. . Many sleep scientists believe dreams help your brain process the events of the day, so dreams are incredibly important! If you think you don't dream each night, it likely just means you've forgotten your dreams by the time you wake.

**You Can't 'Catch Up' on Sleep**

Think you can sleep 10 hours one night to catch up for a few nights of less than the recommended 7-9 hours of sleep? Think again. A Harvard study showed that sleeping extra to compensate for sleep times decreased reaction times and the ability to focus. That means—practice good sleep hygiene as best you can to show up as your best self every day.

There are many sleep-specific words you've probably never heard.

**Somniphobia** is the fear of falling asleep.

**Oneirophobia** is the fear of nightmares or dreams.

**Clinomania** is the irresistible urge to stay cozy in bed all day, while **Dysania** is the word for that feeling when you've just woken up and really don't want to get out of bed.

# What Happens When We Sleep?

## Key sleep functions include:

- Restoration:

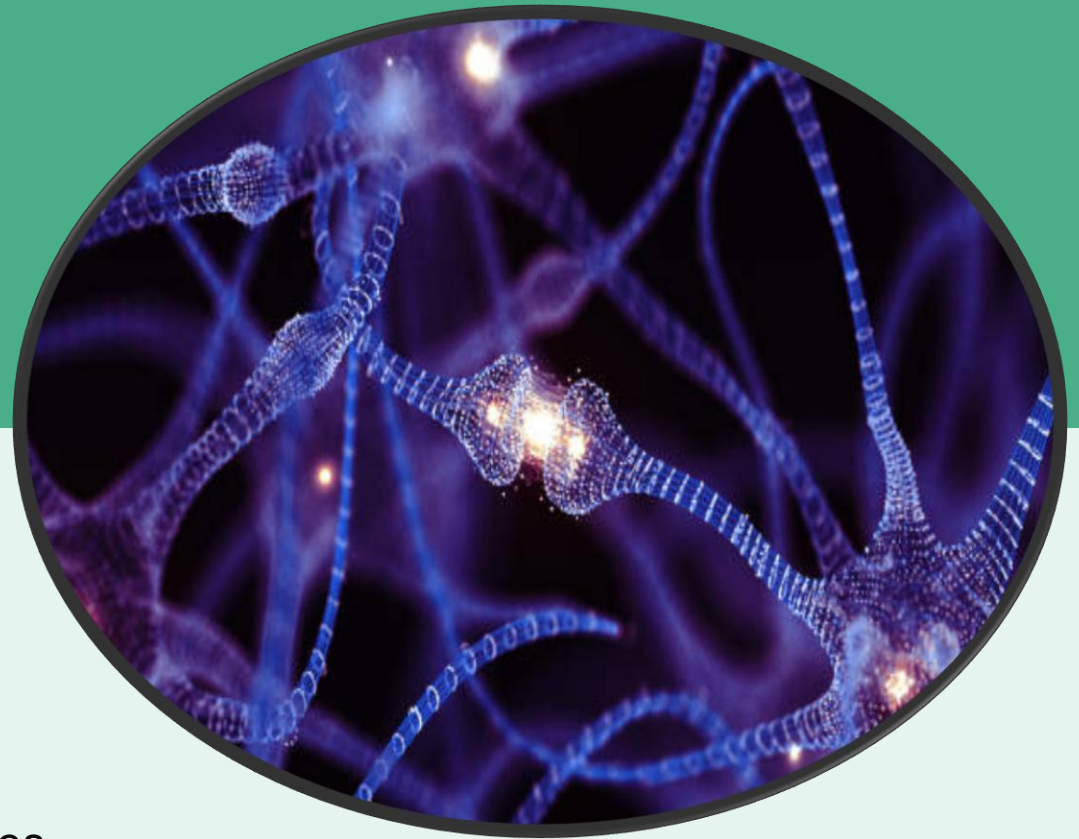
The body repairs tissues and strengthens the immune system.

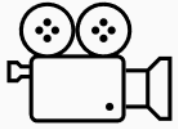
Memory consolidation:

- The brain organises information and forms long-term memories.

- Emotional processing:

Adequate sleep stabilises mood and reduces stress.





Click [HERE](#) to play the video

The image shows a video player interface. At the top left, there is a 'QA' logo. Below it, a red banner contains a camera icon and the text 'The Economist'. In the center, there is a large grey play button. At the bottom, the text 'WHAT HAPPENS WHEN WE SLEEP?' is displayed in large white letters. On the right side, there is a 3D rendering of a human head in profile, showing the brain and neural pathways in blue.

# Effects of Sleep Deprivation

What are your thoughts?



## 🌙 SLEEP DEPRIVATION – What It Can Mean

- S** – Slower thinking
- L** – Low mood
- E** – Exhaustion
- E** – Errors increase
- P** – Poor concentration
- D** – Dips in motivation
- E** – Emotional overwhelm
- P** – Physical fatigue
- R** – Reduced memory
- I** – Irritability
- V** – Vulnerability to stress
- A** – Attention difficulties
- T** – Trouble making decisions
- I** – Immune system lowered
- O** – Overthinking
- N** – Not feeling yourself

## Revenge Bedtime Procrastination

**You've probably experienced revenge bedtime procrastination without knowing it.**

If you've ever been up late at night and shunned sleep in favour of scrolling endlessly your news feeds, hopped on social media for "just a minute" that lasts for hours, watched just one more episode or three of four of new binge-worthy shows when you should be getting restful sleep, you may be creating an unhealthy habit of revenge bedtime procrastination.

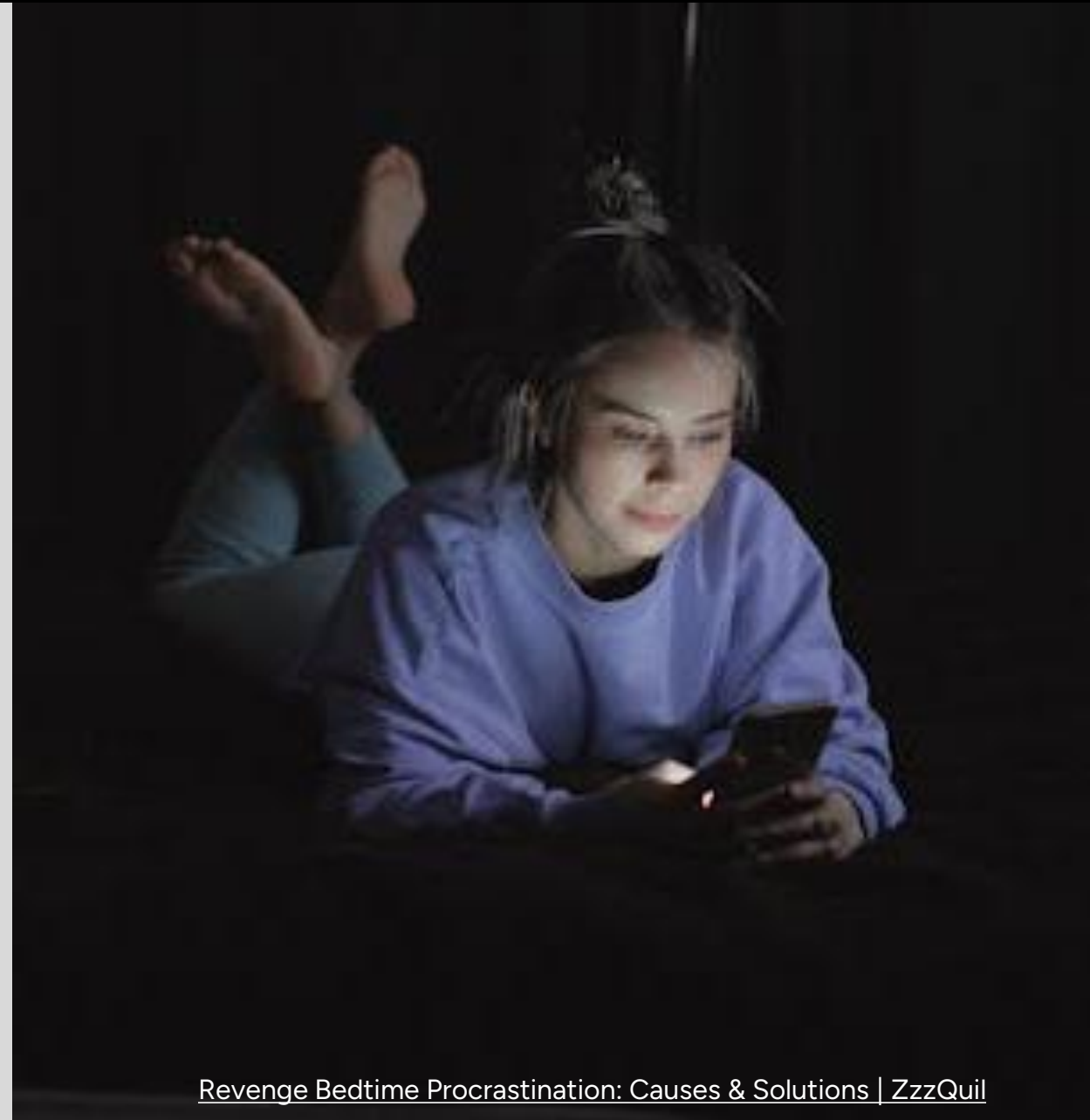
It occurs because most of our time is taken up with activities that we must do, like work, studying and all the tasks that go with it including time consuming commutes. And maybe we also have to take care of other people, like our children or elderly family members.

So, if you are having trouble getting up in the morning and have intense daytime sleepiness, often accompanied by a surge of energy in the early evening you may need to review your sleep routine to avoid this becoming a long term habit.

Revenge bedtime procrastination is a form of behavioural sleep deprivation that results when we purposefully give up sleep in favour of activities we'd rather be doing, that we don't have time for otherwise.

It can contribute to insufficient sleep, negatively impacting mental and physical performance and health.

An occasional late night followed by an early morning isn't problematic, but remember, revenge bedtime procrastination refers to habitually skipping sleep, leading to chronic sleep deprivation.





# Myths about Sleep Deficiency and Deprivation

## 1. You can catch up on sleep.

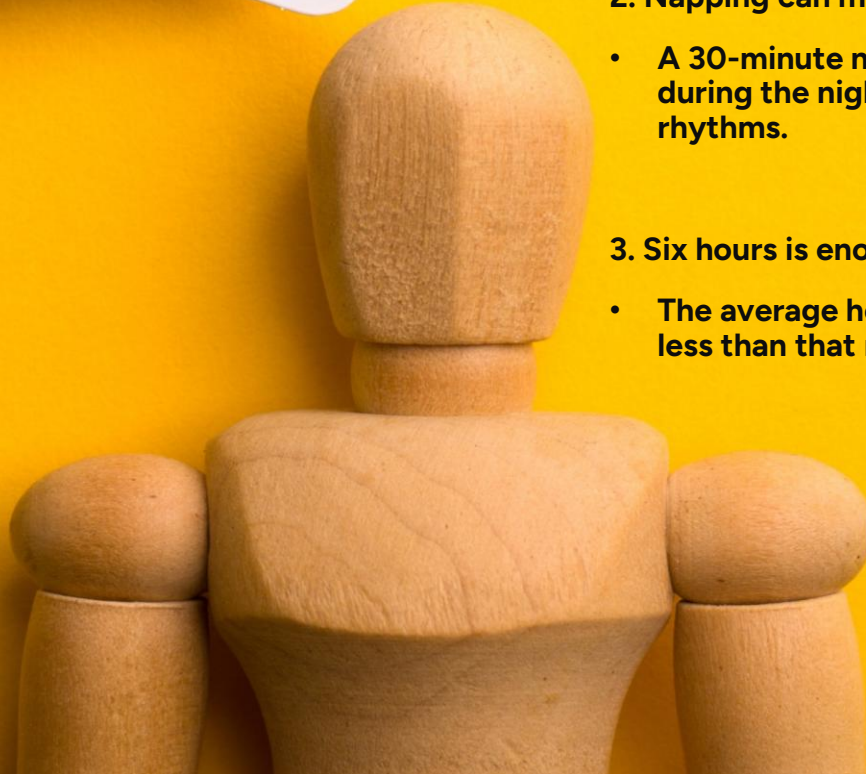
- Lost sleep is simply lost, and when we consistently lose sleep, our health will suffer.

## 2. Napping can make up for sleep missed during the night.

- A 30-minute nap can be refreshing, but it won't make up for sleep lost during the night, and regular long naps may interfere with our circadian rhythms.

## 3. Six hours is enough sleep; there is no consequence.

- The average healthy adult needs 7 to 9 hours of sleep each night. Getting less than that may lead to sleep deficiency or deprivation for most adults.



### Ways to Get Your Sleep Routine Back on Track

Reframing how we view sleep is a big part of getting our sleep routine back on track. Considering that many of us spend most of our time at work or preparing for work. We come home, attend to our activities of daily living, then go to bed, only to wake up and repeat that cycle, over and over.



Healthy diet, exercise, and sleep are the foundation to our physical, mental, and social well-being

The infographic features a central white human silhouette. Surrounding it are several circular icons: a bicycle, a person sleeping, a person exercising, a person holding a flower, a person holding a group of people, a glass of milk, an apple, and a carrot.



### 10 TIPS FOR BETTER SLEEP

WORLD SLEEP SOCIETY  
Advancing Sleep Health Worldwide

1. Establish a regular bedtime and waking time.
2. Allow yourself to take a nap if tired, but do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
4. Avoid caffeine 6 hours before bedtime.
5. Choose a bedtime snack that won't disrupt your sleep.
6. Exercise regularly, but not right before bed.
7. Use comfortable, inviting bedding.
8. Find a comfortable sleep temperature and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Avoid hanging out in your bed. It should be reserved for sleep and sex.

The infographic is a circular diagram with a central dark blue circle containing the title and logo. Ten lines radiate from the center to ten smaller circles, each containing an icon and a numbered tip. The icons include: an alarm clock, a person sleeping, a person taking a nap, a bottle and glass, a bowl of food, a person running, a thermostat, a moon, and a person in bed.

# Want to learn more?

Check out these links ...



[Sleep Expo 2019  
Vancouver - YouTube](#)



[World Sleep Day March 13, 2026](#)



[Ask the Sleep Experts |](#)





# Thankyou !

Learn. To Change.

**To make a referral for wellbeing support please choose the most relevant form - please see below:**

- Safeguarding Referral Form (Staff/Employers/Peer) Safeguarding Referral Form (Staff/Employer/Peer) QA Ltd
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- Low-Level and Behavioural Safeguarding Concern Low-Level & Behavioural Safeguarding Concern
- For general enquiries please contact [safeguarding@qa.com](mailto:safeguarding@qa.com)