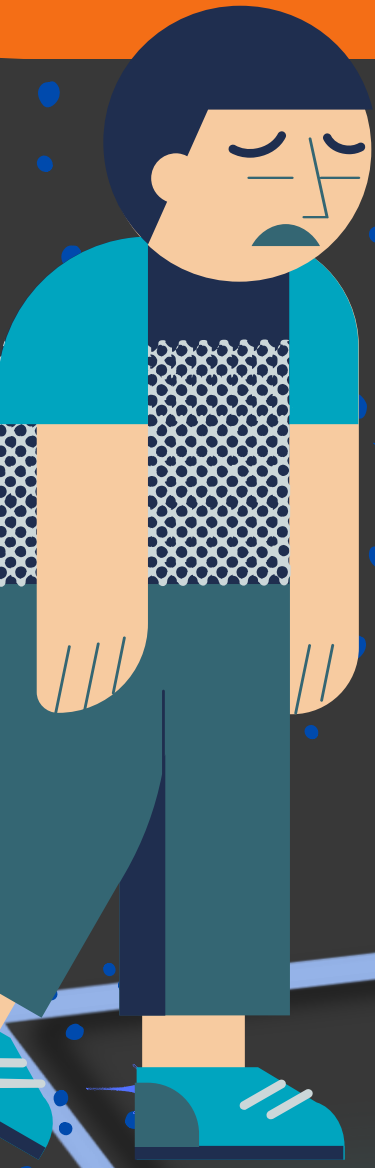


THE AMERICAN ACADEMY OF SLEEP MEDICINE RECOMMENDS THAT HIGH SCHOOL STUDENTS SHOULD SLEEP BETWEEN 8-10 HOURS PER DAY AND THE EFFECTS OF THE LACK OF SLEEP ADVERSE.



Hence why I am introducing...

THEY CAN BE CONVEYED WHEN STUDENTS SHOW UP TO CLASS HALF-ASLEEP AND NOT BEING ABLE TO ABSORB THE CONTENT IN CLASS, THUS LEADING THEM TO FAIL EXAMS AND ASSESSMENTS.

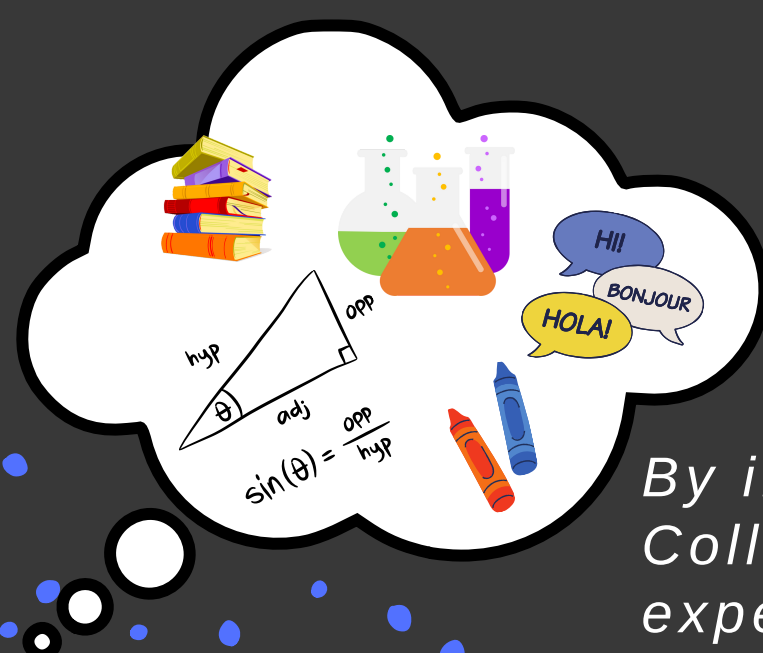
Sleeping Sensation

Through this establishment, children and staff within educational institutes will be permitted to take 5 minute "power naps" within each given period. They can do this by just resting their heads on their desk after setting a timer for 5 minutes in a dark and quiet classroom.

Research and practical implementation of this Japanese neurological practical called "Inemuri" has shown that participants have woken up with enhanced memory and elevated



SLEEP IS AN ESSENTIAL FUNCTION IN A HUMAN'S EVERYDAY ROUTINE AND WE HAVE BEEN DOING IT SINCE THE START OF TIME. SLEEPING ALLOWS US TO REST, GROW, AND RESTORE OUR ENERGY SO WE ARE REJUVENATED AND READY TO TAKE ON A NEW DAY OF LEARNING AT SCHOOL.



By introducing this within Genazzano FCJ College, pupils and teachers will both experience the benefits of improved productivity in the classroom when getting adequate sleep can be a challenge for them.

