

SLEEP HYGIENE

Tips for a Good Night's Sleep



9-12 HOURS

The recommended hours of sleep a school-age child 6-12 years-old needs in a 24-hour period.

Why Sleep is Important

Sleep plays a critical role in growing bodies and minds. It has a direct impact on physical and mental health, mood, attention, cognitive performance, alertness, concentration, memory, and learning.

Physical Health

Sleep is critical to maintaining a healthy body. During sleep, your body creates growth hormone that helps your body as it continues to change and grow. Sleep also supports a strong immune system, helps to maintain your energy levels throughout the day and regulate your appetite, and reduces rates of injury.

Mental Health

Proper sleep also impacts mental health, mood, and behavior. Getting enough sleep helps with motivation, regulating emotions, building resilience, reducing stress and anxiety, and maintaining healthy social relationships.

At School

Getting enough sleep helps you to stay focused, increases your concentration, and improves academic performance. Students who don't get enough sleep are more likely to have issues with behavior, attention, and memory which can lead to challenges at school.

IMPORTANT!

If you are worried or anxious, talk to someone.

Talk with someone you trust about your worries, fears, or problems to help you get a good night's sleep.

Tips for Better Sleep

Create a sleep routine to signal to your body that it is time settle and fall asleep

Try to go to bed and wake up at the same time each day (including weekends) to help regulate your internal body clock and create an optimal sleep-wake balance.

Turn off electronics

Bright light from electronics interferes with melatonin production which can lead to sleep problems.

Get outside

Research shows that spending time outside, especially in the morning, helps to calibrate circadian rhythm and improve sleep.

Stay active during the day

Staying active and exercising during the day will help you to fall asleep and stay asleep during the night.

Watch what and when you eat and drink

Eat a healthy, balanced diet. Don't eat a large meal within 3 to 4 hours of bedtime and avoid caffeine starting in the late afternoon.

Relax before bed

Take a warm bath or shower, create a calm environment, read a book, listen to music, or practice mindful breathing to help you relax and fall asleep.

Keep your bedroom cool, dark and quiet for a better night's sleep.



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