

SLEEP

Paying attention to sleep is just as important as diet and exercise when making a healthy behavior change. Children need good sleep to support their growing bodies. They also need good sleep because it impacts their mental and physical development. It is important that children get enough sleep so that they are at their healthiest and strongest to make healthy behavior changes. Here are some facts, tips, and strategies to set your child up for a regular bedtime routine.



Sleep Facts on Health & Behavior

Academic Performance

Sleep deprivation can lead to poor academic performance, sleepiness in class, absences, or tardiness. Well rested kids do better in school.

Mood

Not getting enough sleep can cause irritability, crankiness and mood swings

Thinking

Poor sleep can make it harder to pay attention, increases forgetfulness, leads to bad decision-making, slows down reaction time, and decreases creativity.

Health

Poor sleep has been linked to weight gain and diabetes risk in both children and adults.

Athletic Performance

Sleep promotes muscle recovery and growth, which can improve strength and athletic performance! Well rested athletes are more coordinated and have increased energy levels.

Behavior

Kids who regularly are not getting enough sleep are more prone to risk-taking behaviors that could potentially be dangerous.

Tips for Improving Sleep & Bedtime Routines

1

Set a bedtime. Be consistent with that time every night. This helps regulate the body clock and ultimately makes falling asleep and waking up easier.

3

Remove screens from the bedroom. Besides preventing sleep, they also stop children's body systems from shutting down properly for a night of rest.

2

Avoid caffeinated or sugary foods 6 hours before bed. The body needs time to wind down to sleep mode after having any of those foods or drinks.

4

Create a comfortable place to sleep - dark, cool and quiet. Make sure the bed is cleared off of stuff like clothes and toys before getting in bed.

Strategies to Help Wind Down for Bed

- Play soothing music.
- Dim the lights or turn off big lights.
- No screen time within 1 hour before bed time. The light that electronics give off affect the brain's sleep centers, which can make it harder to fall asleep after looking at a screen.
- Take a bath, draw, read, listen to an audio book, or talk about the day.
- Snuggle!

School-aged children need **9-11 HOURS** of sleep every night



Set Your Own Sleep Routine!

__:__ PM _____

__:__ PM _____

__:__ PM _____

__:__ PM _____

__:__ PM _____

__:__ PM _____

__:__ PM _____