

SLEEP

August is an important time of the year because children and teens return back to school and sleep schedules may need to be adjusted. Sleep is crucial to a student's learning and understanding.

Even minimal sleep loss can take a toll on children and teen's mood, energy, effectiveness, and ability to handle stress. If they want to feel their best, stay healthy, and perform up to their potential, sleep is a necessity, not a luxury.

Kids ages 5 to 12 need 10 to 11 hours of sleep each night.

When you get enough sleep you can:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness so you stay healthy
- Be in a good mood
- Get along with friends and family
- Solve problems better

Without enough sleep you can:

- Forget what you learned
- Have trouble making good choices
- Be grumpy and in a bad mood
- Have trouble playing games and sports
- Be less patient with brothers, sisters, and friends
- Feel hyperactive and have a hard time concentrating

Tips to encourage health sleep in children:

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet. Keep TV and computers out of the bedroom.
- Avoid caffeine.

Sources:

National Sleep Foundation (www.sleepfoundation.org)

www.helpguide.org

www.kidshealth.org

www.sleepforkids.org

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