



# SLEEP MATTERS: HEALTHY SLEEP FOR YOUR SCHOOL-AGER

## HOW MUCH SLEEP DO KIDS NEED?

School-aged children need between 9-11 hours of sleep each night for optimal health and development

### WHY SLEEP IS ESSENTIAL

- Better learning and focus for attention and memory
- Regulate our feelings by reducing the intensity of and managing big feelings
- Stronger physical health - speed, accuracy and strength
- Creativity - REM sleep helps our brain lock in a memory and learn
- Improved behaviour - better self-control, positive interactions and less impulsivity

### HEALTHY SLEEP HABITS

- Consistent timing of sleep everyday (even weekends)
- Relaxing bedtime routine
- Turn off screens one hour before bed (no screens in the bedroom)
- Bedroom is dark, cool, and quiet with the bed used only for sleeping
- Avoid caffeine and heavy meals close to bedtime

### SIGNS YOUR CHILD MAY NEED MORE SLEEP

- Trouble waking up
  - Moodiness or irritability
  - Difficulty focusing
  - High activity levels
  - Falling asleep at school or late afternoon
- \*\*may want to look into if child frequently mouth breathes or snores

### TIPS FOR BUSY FAMILIES

- Use an alarm for bedtime reminders
- Get everything ready the night before - lunch, backpack, papers, clothes, etc
- Model healthy sleep habits for your children

### TALKING TO YOUR CHILD ABOUT SLEEP

- Use simple reminders such as:
- "Sleep helps your brain learn."
  - "Your body grows while you are sleeping."
  - "We all have a bedtime to help our day go better."

### MAKE SLEEP A PRIORITY

**1 in 4 children are NOT getting enough sleep**

**1 in 3 children have trouble going to or staying asleep**

Source: Stats CAN

