

SLEEP



Why is Sleep Important?

Sleep plays a crucial role in the development of young minds.

Sleep affects:

- Happiness
- Alertness
- Attention
- Mood
- Cognitive performance
- Vocabulary acquisition
- Resiliency
- Learning
- Memory

Elementary school-aged kids need 9-12 hours of sleep every night!

Does your child get enough sleep?

Your child's day can become very busy. Try following consistent schedules and a wind-down period before bed so they can get uninterrupted sleep on time!

Evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes, and high blood pressure.

Sources:
<https://www.cdc.gov/>
&

<https://www.sleepfoundation.org/>

Tips for Getting Better Sleep

- Set bed and wake-up times at the same time each day, including weekends
- Keep bedroom at quiet and comfortable temperature
- Use a nightlight if your child is afraid of the dark
- Avoid large meals and caffeine before bedtime
- Remove electronic devices from the bedroom
- Turn the lights out at bedtime
- Model good sleep for children
- Use dark curtains to block out light
- Keep a bedtime routine



Apps for parents:

- Moshi Kids
- Little stories
- Sleepiest
- Smiling Mind

Common Sleep Problems

- Night Terrors and Nightmares
- Sleep talking
- Snoring
- Sleep Apnea
- Restless Leg Syndrome

Myth: Napping makes up for a lack of nighttime sleep

Fact: While napping can provide a boost of energy, it is not a substitute for quality sleep a night

Bedtime Routine

A bedtime routine usually consist of 3-4 actives every night and should always be practiced in the same order.

Try these:

- Having a nutritious snack
- Brushing their teeth and going to the bathroom
- Lullaby or singing a song together
- Talking about their day
- Reading a book