

THE IMPORTANCE OF SLEEP



Why is sleep important?

- Sleep directly impacts mental and physical development. Growing research shows that children who are sleep deprived are at a higher risk for obesity, Type 2 diabetes, and mental and behavioral problems.
- A lack of sleep is associated with poor dietary choices and an increase in appetite. There is also science that suggests not getting enough sleep can reduce the body's ability to fight common illnesses such as colds and the flu.
- Children ages 6-12 need 9 to 12 hours of sleep each night, while 13-18 year olds need 8 to 10 hours of sleep each night. Adults should aim for 7 to 9 hours of sleep each night.

Sleep Tips for School Aged Children:

- Set a consistent sleep schedule and bedtime routine.
- Try to follow a daily schedule.
- Make a child's bedroom conducive to sleep – dark, quiet, and cool.
- Keep devices out of the bedroom and avoid them close to bedtime.
- Avoid caffeine and sugary foods in the diet
- Spend more time outdoors and be active as much as possible.

