

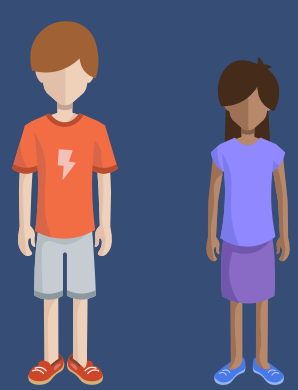


HEALTHY SLEEP FOR STUDENTS

Healthy sleep improves:

- ➔ Problem solving, learning and memory
- ➔ Control of emotional ups and downs
- ➔ Focus and decision making

How much sleep is needed?



9-11 hours a night
(5-13 year olds)



8-10 hours a night
(14-17 year olds)

Sleep Checklist:

- ☒ Increase daytime physical activity
- ☒ Keep the bedroom tech-free at night
- ☒ Maintain a regular sleep-and-wake schedule
- ☒ Keep the bedroom cool and dark
- ☒ Avoid large meals or caffeine before bed
- ☒ Relax for 30-60 minutes before lights out

Too little sleep can lead to:

- ➔ Getting sick more often
- ➔ Lower scores on school exams
- ➔ Feeling sad, anxious or grumpy