

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.




10 HOURS OF RESTFUL SLEEP

Sleep. It's more important than we think.

Why is sleep so important?

Sleep is important for a child's body, mind, emotions and behaviour. Not enough sleep may be connected to:

- Hyperactivity, impulsiveness and a short attention span
- An unhealthy weight
- Temper tantrums, easily hurt feelings, no patience
- Difficulty focusing and learning



Encouraging your child to play more and sit less may help your child sleep better.

Tips for better sleep habits

- Aim for 10 hours of restful sleep.
- Develop a bedtime routine for your child - try a light snack, bath or book.
- Set a daily sleep and wake up time to follow each day.
- Create a comfortable and relaxing sleep environment.
- Avoid sugar sweetened beverages (juice, pop, energy drinks).
- Add physical activity to your child's day.
- Add outdoor activity to the day. Sunlight can help regulate sleep patterns.
- Keep screens out of your child's bedroom.
- Avoid screen time at least an hour before bedtime.



Did you know?

Children and youth are sleeping on average between 30-60 minutes less than previous generations