

A SUCCESSFUL SCHOOL YEAR



THE IMPORTANCE OF SLEEP

What does sleep do?

Sleep is a restorative biologically regulated state which replenishes the system on all levels including cellular, endocrine, immune, metabolic, physical and emotional levels. It is a time when we make neurochemicals for the brain. Sufficient sleep positively affects attention, memory, problem solving, overall health and reduces the risks of accidents.



How can we improve our child's sleep?

Develop good sleep hygiene by establishing a regular sleep routine:

- Have your child go to bed at the same time each night
- Keep electronics e.g. TV, video games out of the bedroom. Avoid engaging in viewing TV or playing electronic games one hour before bedtime. *Studies have shown electronic media in bedrooms is related to falling asleep in class or during homework.*
- Preschoolers: 7.00-7.30; school age 8.00-8.30.

Bedtime Routine

- *Start 30 mins before bedtime*
- *15 minute warm bath*
- *Deep rubdown that is rhythmic and sustained*
- *Quietly read a bedtime story – 2-3 pages; rhyming words can help*
- *Play soft lullabies – instrumental preferably to music with lyrics*
- *Dim the bedroom light; once asleep turn it off; make room dark!*
- *Make sure room is cool*
- *Follow the same routine every night; and keep the same time with not too much variation on the weekend*

Other things to consider:

- *Exercise – regular exercise at least 4-5 hours before sleep has been shown to improve sleep states. Exercise too close to bedtime can disrupt sleep.*
- *Stress reduction – make sure there is sufficient “down time” in the schedule to just relax*
- *Use aromatherapy e.g. lavender bath; lavender pillow*
- *Sleep apnea – if your child snores, consult a physician re: adenoids or other issues that may affect quality of sleep and thus attention at school.*
- *For more information: <http://www.sleepfoundation.org/>*