

WHY IS SLEEP IMPORTANT?

Studies show that sleep impacts children's :

**SOCIAL-EMOTIONAL
FUNCTIONING**

BEHAVIOR

COGNITIVE ABILITIES

SLEEP PROMOTES

- Brain development
- Energy
- Memory
- Reaction time
- Academic performance

LACK OF SLEEP INCREASES RISK OF

- Obesity
- Depression
- Anxiety
- Attention difficulties

How much sleep do children need?

3-5 year olds

10-13 hours including naps

6-13 year olds

9-13 hours

14-17 years

8-10 hours

What can families do to promote their children's sleep?



Enforce a consistent
bedtime



No screens before
bedtime



Make sure dinner is 2
hours before bedtime



Incorporate physical
activity each day



Model good sleep
habits for your kids



Eat healthy food



Avoid food/drinks with
caffeine



Create a bedtime
routine for your child
(reading, tea, etc.)

VIDEOS

[Why Kids Need Good Sleep](#)

[How Sleep Impacts a Child's Brain.](#)

ONLINE ARTICLES

[How Much Sleep Do Kids Need?](#)

[Do Your Children Get Enough Sleep?](#)

[Sleep in Middle and High School Students](#)

SLEEP EDUCATION RESOURCES

Teachers/School Staff:

[Sleep recharges you: Educator resources](#)

Families:

[Kids and Sleep](#)