

Sleep Matters

Sleep, School, and Social Skills

Approximately 60 percent of children have sleep problems. Poor or inadequate sleep often leads to mood swings, behavioral problems such as hyperactivity or oppositional behavior, and cognitive problems that impact the ability to learn in school.



Sleep Needs

- Toddlers (1-3 years) = 12-14 hours of sleep
- Preschoolers (3-5 years) = 11-13 hours of sleep
- School-age (5-12 years) = 10-11 hours of sleep
- Teenagers = 8.5-9.5 hours of sleep
- Adults = most need AT LEAST 8 hours, varies through life

Sleep Robbers

Stress & Anxiety



Wrong Schedule



Caffeine



Environment



Sleep Strategies

Predictable routine, reduce exposure to "adult" conversations and topics

Learn the body's natural rhythm, set a regular routine for bedtime

Avoid caffeinated drinks and foods (hot cocoa, chocolate, sodas, etc.)

Keep screens out of the bedroom, turn screens off at least 30 minutes before bedtime, keep the room dark, cool, and quiet