

~ A Message From Your School Nurse ~

Snooze or Lose...Is Your Child Getting Enough Sleep?

Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of us actually do not allow our children to get the critical sleep they need to develop and function properly. Sleep is the power source that recharges the brain's battery, which increases brainpower. Sleep allows you to be physically relaxed and mentally alert at the same time.

Did you know?

- On average, the obesity rate is higher for children who sleep less than children who sleep more. According to a University of Texas at Houston study, adolescents' odds of obesity went up 80 percent for each hour of lost sleep.
- Sleep affects academic performance and emotional stability. Inadequate sleep worsens symptoms of Attention Deficit Hyperactivity Disorder.
- A few scientists theorize that sleep problems during formative years can cause permanent changes in a child's brain structure.
- Some of the hallmark characteristics of being a 'tweener' and teen—moodiness, depression, and even binge eating—are actually symptoms of chronic sleep deprivation.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine. Set a regular bedtime and wake up at the same time every day
- Make child's bedroom conducive to sleep – dark, cool and quiet. Keep TV and computers out of the bedroom. Turn off cell phones.
- Avoid watching TV close to bedtime
- Avoid caffeine

Following are some general guidelines:

- 6-12 Years Old: 10 - 11 hours per day
- 12-18 Years Old: 9-10 hours per day