



SCHOOL DISTRICT 46 SUNSHINE COAST

SLEEP WEEK,
to help promote
better outcomes for
our students!

We know that
consistent, adequate
sleep:

- leads to better energy
- sharper memory
- boosts immunity
- assists with self-regulation
- improves self-esteem and
- stabilizes mood –

which all leads to
better learning
outcomes!

Behavioural
symptoms of
inadequate sleep

include:

- irritability
- aggression
- hyperactivity
- attention problems
- decreased motivation



**70% of Canadian
children do not get
the amount of sleep
recommended for
their age group**

**Sleep problems are
the number one
health concern
brought forward
to family doctors**

Sleep Week!

November 29th-December 3rd, 2021

When your child is not sleeping.. it can derail the entire family

(borrowed from zzz power: www.papercloudsproject.ca)



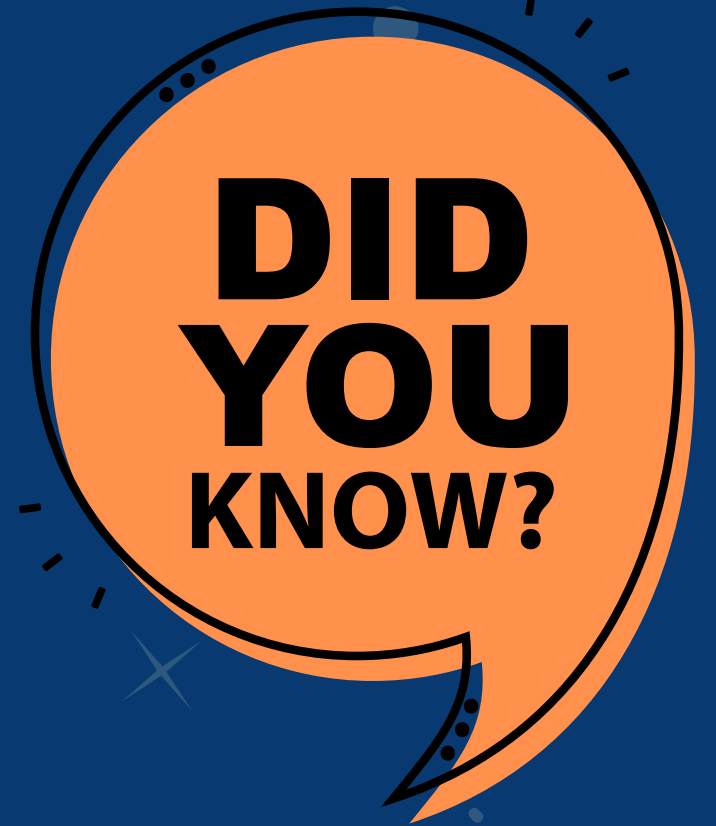
SYMPTOM	IMPACT ON CHILD	IMPACT ON FAMILY
Increased irritability	<ul style="list-style-type: none"> • Talking back, getting angry over minor things, and perhaps an increase in visits to the principal's office • Increased chance of being "labelled" negatively • More arguing at home 	<ul style="list-style-type: none"> • Increase in marital discord • Stress • Impact on sibling relationships
Increased aggression	<ul style="list-style-type: none"> • Fights on the playground or with peers and outbursts in class and home 	<ul style="list-style-type: none"> • Embarrassment or dread surrounding social events • Feelings of guilt/blame "what did I do to cause this" • Caretaker exhaustion
Increased isolation	<ul style="list-style-type: none"> • Fewer playdate invitations • Lack of interest in fun family activities and avoidance of family members 	<ul style="list-style-type: none"> • Strained relationship with all family member changes the "flow" of the family routine
Decreased concentration	<ul style="list-style-type: none"> • Worsening grades • Increase in careless mistakes and forgetfulness • Increased difficulty engaging in sustained mental effort (such as homework or puzzles) 	<ul style="list-style-type: none"> • Multiple specialist consultations that are unnecessary • Increase in stress and financial cost to the family
Decreased motivation	<ul style="list-style-type: none"> • Sleepiness in class or in front of TV, inability to get up for sports and activities and low self-esteem 	<ul style="list-style-type: none"> • Uncompleted chores • Missed deadlines
Hyperactivity	<ul style="list-style-type: none"> • A "paradoxical" reaction in which the child becomes more hyperactive and impulsive 	<ul style="list-style-type: none"> • Frustrates families to the point where sleep routine is considered a chore versus peaceful family downtime • Can affect relationship between parent and child



Fun & Interesting Information for Families About Sleep!

(borrowed from zzz power: www.papercloudsproject.ca)

- Sleep disorders are common! 25–50% of children will have some type of sleep disorder at some point between infancy & adolescence.
- 70% of Canadian children do not get the amount of sleep recommended for their age group.
- Sleep problems are the No. 1 health concern brought forward to family doctors and pediatricians in North America.
- Children today sleep on average 1 hour less per night than they did in the 1970s
- 34% of preschool children, 32% of school-aged children and 47% of high-school students require more sleep than their parents suspect.
- Sleep is an active process. Every time we sleep, it's like our brains and bodies are on a mini vacation!



The Science Behind Sleep:

We all have a “biological clock” in our brain, which helps to regulate our sleep cycle:



- This clock is mostly developed by the age of six months. Think back to your child and their sleep habits as a baby. When were they able to sleep through the night?
- Interestingly, our clocks get “shaken up” in adolescence with all of the hormone changes that occur between the ages of 13 and 19. This leads to a much later bedtime for teens called a “sleep advance.” If you have a teen in your life, you may have noticed their bedtime habits and late wake-up times. Its' not the teen's fault – it's natural!
- Since our sleep cycles are literally like clockwork, a change in routine can really confuse our poor brains! Do you ever get the Monday morning blues? This is a great example of how changes in our sleep patterns can affect our concentration, mood and physical well-being.



How much sleep does your child need?



Unfortunately, there is no magic formula for determining how much sleep we need. That means that everyone needs to pay attention to the amount of sleep they need to feel their best!

Recommended Sleep:

Infants 4 to 12 months	12-16 hours of sleep every 24 hours (including naps)
Children 1-2 years	11-14 hours of sleep every 24 hours (including naps)
Children 3-5 years	10-13 hours of sleep every 24 hours (including naps)
Children 6-12 years	9-12 hours of sleep every 24 hours
Teenagers 13-18 years	8-10 hours of sleep every 24 hours



Why should I care so much about sleep?

Going without a good night's sleep every now and then isn't a huge problem. However, chronic sleep problems are linked to other health issues.

Many mental health issues – like anxiety and mood disorders – go hand in hand with sleep disorders. In fact, when kids have sleep problems in early childhood they may make riskier choices when they get a bit older. That is why nurturing healthy sleep habits now is a no-brainer. The benefits last a lifetime!

The benefits of healthy sleep habits include:

- **Weight control**
- **Healthy immune response**
- **Cardiovascular health**
- **Injury prevention**
- **Realization of academic potential**
- **Increased concentration and productivity**
- **Consolidated memory and learning**
- **Increased ability to cope with life's stressors**
- **Regulation of emotions**
- **Improved self-esteem and social interactions**



Ways to Improve Sleep Habits



Create a bedtime routine:

By following a routine, you are preparing your brain for sleep! Cues that set the stage include consistent dinnertime meals and light bedtime snacks. Avoid rigorous exercise and overly stimulating activities up to two hours before bedtime. Aim for relaxing activities such as arts and crafts, reading a bedtime story, listening to calming music or taking a warm bath.

Limit screen time:

Current recommendations suggest that children should not engage in more than one to two hours of “recreational” screen time per day. This includes computers, televisions and handheld devices. In addition, avoiding violent and scary movies before bed can help set the calm mood your child needs for a good night’s rest. Have a space in the house to charge all devices, and set up “screens off” role modelling in the family. This sends a clear message that everyone is prioritizing sleep!



Establish a consistent wake-up time and bedtime:

Anchoring the bedtime is crucial. Even on weekends, aim for no more than one hour of variation. Try to wake up around the same time as you do on weekdays to avoid the Monday morning blues.

Improve your Sleep Space

Bedrooms are the foundation of good sleep!

Here are some ideas for making it a dreamy space:



- **Weighted blanket:** these are used by occupational therapists to calm children with anxiety; ADHD; Autism; FASD; PTSD and sleep disorders. The pressure is believed to release brain chemicals that are calming (like melatonin and oxytocin)
- **Clean room:** let go of your day stress! Reminders of unfinished tasks such as homework or unfolded laundry can cause unnecessary worry cues.
- **Paint colour:** What colour do YOU (or your child) find soothing? Choose more muted tones and, when possible, select a matte finish to prevent amplifying light reflection.
- **Thermostat:** The ideal temperature for sleeping is 18.5 C (65 F).
- **Aromatherapy:** scents such as lavender can help with drifting off. Note: some heavily scented laundry detergents can be overstimulating for getting to sleep.
- **Curtains:** Heavier blackout curtains are essential to create you sanctuary.
- **Mattress and bedding:** make these as comfortable as possible and engage your child to choose textures and types of materials.

Home Routine Example:

3:00pm-4:00pm		Afterschool snack & rest
4:00pm-5:00pm		Homework & pack bag
5:00pm-6:00pm		Playtime
6:00pm-7:00pm		Dinner & chores
7:00pm-8:00pm		Bath time, snack & brush teeth
8:00pm-9:00pm		Sleep routine