

# March 4 – 11<sup>th</sup> is National Sleep Awareness Week

National sleep awareness week is designed to celebrate healthy sleep. It also motivates the public to improve health and well-being by making sleep a priority.

## How many hours of sleep does a child need every night?

Please note the guide below to determine the recommended amount of sleep in accordance with your age:

Age range	Hours each night
3 to 10	10 to 12
11 to 12	10
13 to 17	9

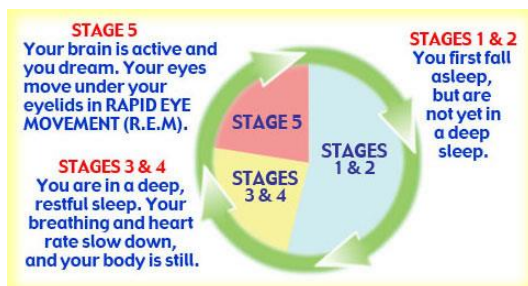
## Why is it important to get plenty of sleep?

- The body needs plenty of sleep to prevent injury to your muscles, bones and skin. Sleep aids in healthy growth and development. [Time for bed](#) (activity).
- Sleep helps you concentrate, pay attention and think of new ideas which is very important during school. Getting the recommended amount of sleep each night also helps you remember what you learn and solve problems. A great way to feel better during the day is sleeping the recommended number of hours each night.







## Is all sleep equal?

There are various cycles occurring during sleep. There are 5 stages in 1 sleep cycle. Your body will not achieve full rest if it doesn't go through all the cycles a few times. Each cycle of sleep is approximately 90 minutes.

Stage 1 & 2 occur when you first fall asleep but are not in a deep sleep. During Stage 3 & 4 you are in a deep, restful sleep. Your body is still and your heart rate and breathing slow down. REM (rapid eye movement) is reached during Stage 5. Your eyes move under your eyelids during REM. During Stage 5, your brain is active, and you dream.



## What are some healthy bedtime habits?

<p>Go to bed at the same time each night.</p>	
<p>Do something relaxing before bed such as reading or a warm shower.</p>	
<p>Do not eat large meals right before bed.</p>	
<p>Get some exercise for about 3 hours before bed.</p>	
<p>Avoid caffeinated beverages in the afternoon and at night.</p>	
<p>Sleep in a quiet, dark and cool environment (about 68 degrees)</p>	

## Conclusion

It is very important to get a good night's sleep. A good night's sleep will help with creativity, problem solving, paying attention especially in school, and being in a good mood. Not getting a good night's sleep may cause you to be grumpy and in a bad mood, have less patients with siblings and friends, along with getting sick more often. Getting a good night's sleep will allow you to wake up full of energy and ready for the day.

[Healthy Families Newsletter in English](#) or [Spanish](#), is available to help families discuss healthy sleep habits.

#### References

American Academy of Pediatrics. (2016, June 13). *AAP Supports Childhood Sleep Guidelines*. <https://www.healthychildren.org/English/news/Pages/AAP-Supports-Childhood-Sleep-Guidelines.aspx>

Gupta, R. (2014, August). *What sleep is and why all kids need it*. <https://kidshealth.org/en/kids/not-tired.html>

Murray, P. (2013, July 12). *Sleep tips for the summer*. <http://sleepeducation.org/news/2013/07/12/sleep-tips-for-the-summer>

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