

INFORMATION ABOUT SLEEP

Dear parents,

The following are suggestions that can promote a good night's sleep.

1. Try setting aside a special time to spend with your child (ex.: do a puzzle, read a story).
2. Avoid stimulants such as: coffee, tea, soft drinks, chocolate.
3. At suppertime, avoid foods that are hard to digest.
4. Evening snacks should be light.
5. Create a calm atmosphere during the hour before bedtime.
6. Observe your child so as to discover what relaxes him or her (ex.: a hot bath).
7. Have your child go to the bathroom before going to bed.
8. Have a bedtime routine, such as going to bed at the same time every night.
9. Have a well ventilated room.
10. Reduce the noise levels if possible.
11. Playing soft music or reading quietly can help promote sleep.
12. A comfortable bed with a firm mattress.
13. Light and loose fitting sleepwear.
14. A stuffed animal or a favourite object can help to provide a sense of security to your child thus helping him to fall asleep.
15. Sleep a sufficient number of hours according to age and need.
16. When your child wakes up, if he/she feels rested, it is usually a sign that he/she has slept sufficiently (good mood, attentive, alert, does not rub his/her eyes).

Good sleeping habits are important because:

1. Sleep rests the central nervous system.
2. It promotes growth and tissue repair.
3. It increases your resistance to disease.
4. It helps you to be more alert.
5. It promotes your physical and mental well-being.



Sometimes students are tired and inattentive in class, it is usually because they didn't sleep enough.

Hours of sleep necessary according to age and need :

Adult...	approximately 8 hours
Teenagers...	approximately 9 hours
Schoolers...	approximately 10-12 hours
Pre-schoolers...	approximately 12-14 hours

**Sleep is most beneficial during the evening and night hours.
What about you? How many hours do you need?**
