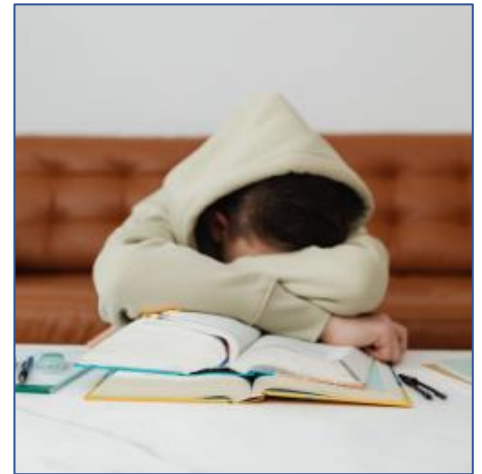




THE IMPORTANCE OF SLEEP FOR CHILDREN & ADOLESCENTS

WHY SLEEP MATTERS

Sleep is critical for your child’s physical health, emotional well-being, and academic success. During sleep, the body repairs itself, the brain processes learning and memories, and energy levels are restored. Yet, many children and teens don’t get enough sleep, which can negatively affect their development.



BENEFITS OF HEALTHY SLEEP HABITS

Better Physical Health

Sleep strengthens the immune system, supports growth, and reduces the risk of obesity.

Improved Learning and Memory

Sleep helps consolidate new information, boosting academic performance.

Emotional Resilience

Adequate sleep reduces mood swings, anxiety, and depression.

Increased Attention and Focus

Well-rested children and teens are more attentive and better able to regulate impulses.

Over 60 % of middle schoolers and 70 % of high schoolers do not get enough sleep.

Age Group	Recommended Hours of Sleep
Preschool (3–5 years)	10–13 hours per day
School-age (6–12 years)	9–12 hours per night
Teenagers (13–18 years)	8–10 hours per night

TIPS FOR HEALTHY SLEEP HABITS

Set a Consistent Sleep Schedule

Keep bedtimes and wake-up times the same, even on weekends.

Create a Relaxing Bedtime Routine

Reading, listening to calming music, or practicing mindfulness can help.

Limit Screen Time Before Bed

Avoid screens at least 1 hour before bedtime, as blue light disrupts melatonin production.

Create a Sleep-Friendly Environment

Keep the bedroom dark, quiet, and cool. Use white noise machines if needed.

Promote Physical Activity

Regular exercise during the day helps improve sleep quality at night.

SIGNS YOUR CHILD MAY NOT BE GETTING ENOUGH SLEEP

- Difficulty waking up in the morning
- Moodiness, irritability, or hyperactivity
- Falling asleep during the day or in class
- Difficulty concentrating or remembering
- Increased conflicts with peers or family



RESOURCES! For more information check out:



Books:

Become Your Child's Sleep Coach by Dr. Lynelle Schneeberg

It's Never Too Late to Sleep Train: The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents by Dr. Craig Canapari

Online Resources:

Healthy Sleep Habits



CDC - Sleep



Sleep Issues in Teens

