What is healthy sleep and why is it important?

Healthy Sleep is...

**Regular**
- Getting up and going to sleep at about the same time every day improves sleep by working with circadian rhythms

**Uninterrupted**
- Continuous sleep allows us to cycle through all stages of sleep to get the maximum benefits

**Sufficient**
- Sleep needs according to the CDC:
  - 3-5 years: 10-13 hrs per 24hrs
  - 6-12 years: 9-12 hrs per 24hrs
  - 13-18 years: 8-10 hrs per 24hrs
  - Adults: 7+ hrs per night

Why is sleep important for child development?

**Sleep Boosts Children's Brain Development**
Sleep has a direct affect on:
- Alertness and attention
- Forming memories
- Motor skill development
- Mood and happiness
- Self-regulation
- Resiliency

**Sleep Boosts Growth**
Sleep is necessary for:
- Producing HGH, the hormone responsible for growth
- Repairing muscles, tissue, and bone

**Sleep Boosts Learning**
The science on sleep shows:
- Preschoolers who nap remember more of what they're taught than those who do not
- Sleep is an essential part of building language and vocabulary
- Sleep turns learned material into knowledge

**Sleep Boosts Health**
Poor sleep has been linked to:
- Childhood obesity, diabetes, and heart disease risks
- Greater chance of getting sick
- Longer duration of illness

Tips for Healthy Sleep Habits

Be active
- The more active you are during the day, the better you will sleep at night.

Have a plan!
- Set aside time to let your child know what you expect of them at bedtime and through the night if they have trouble sleeping

Create the conditions for good sleep
- A cool, dark room with comfy blankets will help your child sleep soundly

Involve the family
- Make a healthy sleep routine a priority in your family!

Monitor screen time
- Keep screens out of the bedroom and dock them at least one hour before sleep

Hydrate
- Help your child have plenty of access to water throughout the day and limit intake before bed

KITS
KIDS IN TRANSITION TO SCHOOL