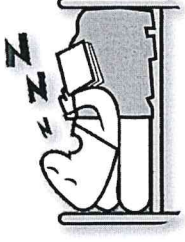


Healthy Sleep Patterns



HOW MUCH SLEEP DOES MY SCHOOL-AGED CHILD NEED?

| | |
|---------------|---------------|
| 6 - 13 years | 9 to 11 hours |
| 14 - 18 years | 8 to 10 hours |

Benefits of sleep for mental health

Your child's brain needs sleep to restore resources that were used up during the day. Even minimal sleep loss can take a toll on a child's mood, energy, effectiveness, and ability to handle stress. If they want to feel their best, stay healthy, and perform up to their potential, sleep is a necessity, not a luxury!

A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.



sleep tight, sweet dreams,
* * * till morning light...
* *

SIGNS OF LACK OF SLEEP

1. *Has trouble waking up in the morning*
2. *Exhibits irritable behavior*
3. *Seems overly emotional and moody*
4. *Is hyperactive*
5. *Has difficulty concentrating in school*
6. *Has trouble staying awake during the day*

If you see signs of sleep deficit in your child, try setting up some good night-time sleep routines and healthy sleep habits to help your child get the amount of rest they need to be at their best, both at home and at school.

Your brain needs sleep, so you can:

- Remember what you have learned
- Pay attention, focus and concentrate on important information
- Solve problems and think of new ideas

Your body needs sleep, so you:

- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness