

Important Sleep Information

- ✓ Did you know that kids spend $\frac{1}{4}$ of their young life sleeping? It's true!
- ✓ Elementary aged kids need 10 hours of sleep **every** night.
- ✓ Getting enough good sleep is as important as food, clothing and shelter.
- ✓ Sleep affects kids' ability to make good choices, handle difficult emotional situations and do better at school.

Great Sleep Tips

- ✓ Have a routine that allows your child ten hours of sleep plus a 30 minute cushion to become drowsy.
- ✓ Before bedtime, take part in a calming activity such as reading a book on a pleasant topic (reading scary books just before bed could increase nightmares).
- ✓ Provide a space that is dark, cool, quiet and peaceful.
- ✓ **All** electronics should be turned off and be out of your child's bedroom at least 30 minutes before bedtime.
- ✓ If your child has trouble falling asleep, encourage her/him to stay in bed and take relaxing breaths.

Having a healthy sleep routine will make a huge difference in the growth of your child (and makes life a bit better for the adults too.) Not getting enough sleep can hurt a kid's learning. If you have any questions on this topic or any counseling issue, please contact Marti McVannel-Erwin, your School Counselor by writing a note, call the school, or sending an email (marthaemc@leeschools.net).