

Sleep

École Pauline Haarer



The Importance of Sleep

Sleep plays a vital role in good health and well being throughout life. Getting enough quality sleep at the right times can help protect one's mental health, physical health, and quality of life.

During sleep, your body is working to support healthy brain function and maintain physical health. In children and teens, sleep also helps support growth and development.

Future Topics: Play,
Bullying, Diet,
Activity & Exercise

Current Discussions in Sleep Research

- Sleep deficiency is more likely to be present when children have electronic devices on in the bedroom after bedtime
- Studies show that use of so-called "small screens" — iPods, smartphones, tablets, e-readers — as well as televisions and computers are affecting children's sleep (the devices even an hour or so before bedtime stimulates kids' brains, with the bright blue screen light having a lasting effect and preventing restorative sleep)
- Sleep deprivation is sometimes confused with ADHD as they share the same symptoms
- In a study involving 2,463 children aged 6-15, children with sleep problems were more likely to be inattentive, hyperactive, impulsive, and display oppositional behaviors
- Sleep deficiency increases the risk obesity (study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up)

Physical Health

Sleep plays an important role in physical health:

- involved in healing and repair of heart and blood vessels
- maintains a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin)
- affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level
- triggers the body to release the hormone that promotes normal growth in children and teens
- plays a role in puberty and fertility
- ongoing sleep deficiency can change the way in which your immune system responds to fighting common infections

Resources

<http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>

- National Institutes of Health (US)

<https://sleepfoundation.org/sleep-disorders-problems/adhd-and-sleep>

- The Sleep Foundation

<http://www.talkaboutsleee.com/screens-and-sleep-do-not-mix-well/>

Information compiled by: Pattie Metheral (Counsellor)
patricia.metheral@sd68.bc.ca

Healthy Brain

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Studies show that a good night's sleep improves learning (sleep deficiency alters activity in some parts of the brain). Whether you're learning math, or how to play the piano, sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Children and teens who are sleep deficient may have problems getting along with others, making decisions, solving problems, controlling emotions and behavior, and coping with change. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Emotional Well-Being

To support mental and emotional health, it's important to take care of your body. That includes getting enough sleep.

PreK-K: 11-12 hours a day

Primary: At least 10 hours a day

Intermediate: At least 10 hours a day

Teens/Youth: 9-10 hours a day

Adult: 7-9 hours a day

Quick Tips:

- Consistent bedtime & bedtime routine
- All screens off 90 minutes before bedtime