

Sleep hygiene refers to the set of healthy habits we practice ensuring a good night's sleep. Adequate sleep is critical to our overall health and wellbeing. Research has shown that sleep deprivation can cause a child to have a decrease in their ability to focus, think clearly, and regulate emotions. Chronic sleep deprivation can lead to more serious mental health and physical health concerns that can continue into adulthood. Studies have shown that as a child ages, they are getting less of the recommended amount of sleep for their age group. According to national data, 72.7% of high school students do not get enough sleep. This month we want to focus on how you can help your child get the sleep they need for improved school performance and the best mental and physical health. Below you will find some tips for practicing good sleep hygiene.

❖ **Make The Bedroom Compatible with Sleep**

- Make sure cell phones are removed from the bedroom or on Do Not Disturb during bedtime.
- Be mindful that video game consoles and other electronics may have glowing or flashing lights that could potentially interfere with sleep.
- Establishing an “electronics curfew” can also be helpful.
- Eliminate use of the bed for activities other than sleep (i.e.: playing video games, watching tv, doing homework).
- A cool bedroom is most suited for sleep. While this can be difficult, especially in summer months, you can try lighter fabric pajamas or thinner blankets.

❖ **Consistency is Important**

- Create a bedtime routine and stick to it if possible. For example, 15 minutes of play time, bath time, lights out. For an older child or teen, shower, an hour of reading, lights out.
- Allow for some flexibility in the routine if needed. Allowing your child to switch the order of activities in the routine can allow for increased cooperation and less anxiety for you and your child.

Excerpted from: <https://childmind.org/article/encouraging-good-sleep-habits>

Additional info: <https://www.cdc.gov/healthyschools/features/students-sleep.htm>