Healthy Sleep for Healthy Kids

A joint project by:

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Sleeping Children Around the World
Sleep Hygiene is choices we make that will help us to get healthy sleep.
Why is sleep hygiene important to know? Knowing what could help us sleep better and what could make it more difficult for us allows us to choose what to do and what to avoid. In order to get the best and the right amount of sleep at the right time.
Habits that make sure we fall asleep at the right time for us: and wake up make sure we
Go to bed at the same time every night.
Wake up at the same time every morning.
Exercise in the early part of the day
Relaxation or relaxing activities before bedtime
Keep cool
• Only get in bed when tired or sleepy

• Get out of bed if unable to sleep for 20 minutes
Habits that make it difficult for us to get good sleep at the right time for us:

- Going to bed and waking up at different times almost every night

For us: It's difficult for us to get good sleep at the right time.
• Going to bed very late and waking up very late on the weekend confuses our body and makes it difficult to fall asleep.
Taking long naps in the afternoon/evening makes it difficult to fall asleep.
Exercising near bedtime will also make it difficult to fall asleep.
Additional things that will make it difficult to fall asleep:

- Having an argument or intense discussion before bed
- Using electronics in bed, watching tv right before bed
Do not drink tea, cola, coffee, energy drinks in the evening

Tea, cola, coffee and energy drinks contain caffeine. Caffeine is a stimulant - it wakes you up and can make it more difficult to fall asleep if consumed close to bedtime.
World Sleep Day
March 16, 2018

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Sleeping Children Around the World
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Healthy sleep for healthy kids!
HEALTHY SLEEP FOR HEALTHY KIDS!

Sleep Hygiene is choices we make that will help us to get healthy sleep

Why is sleep hygiene important to know?

Knowing what could help us sleep better and what could make it more difficult for us allows students to choose what to do and what to avoid in order to get the best and the right amount of sleep for them at the right time for them.

(photo: Uganda bedkit)

Created by: Canadian Sleep Society, Société Canadienne du Sommeil, Sleeping Children Around the World
Habits that help us fall asleep and wake up at the right time:

- Going to bed at the same time every night
- Waking up at the same time every morning
- Exercising in the early part of the day
- Relaxation or relaxing activities before bedtime
- Keeping cool
- Only getting in bed when tired or sleepy
- Getting out of bed if unable to sleep for 20 minutes

(Photo: Honduras bedkit)
Habits that make it difficult for us to get good sleep at the right time for us:

- Going to bed and waking up at different times every night or almost every night
- Going to bed very late and waking up very late on the weekend
- Taking long naps in the afternoon/evening
- Exercising near bedtime
- Using electronics or watching TV right before bed
- Having an argument or intense argument before bed
- Drinking tea, cola, coffee or energy drinks in the evening as they contain caffeine. Caffeine is a stimulant - it wakes you up and can make it more difficult to sleep if consumed close to bedtime
*Bedkit definition: locally sourced items geared for the child’s wellbeing, comprised of sleeping items (including mosquito net), clothing, and school supplies.