

Sleep MATTERS

Why we ALL need good sleep and how to get it!



WHY SLEEP?

Our bodies and brains NEED sleep to heal and renew. Sleep is when the brain processes information and strengthens memory. This helps us learn, function, and create!

GOOD SLEEP = BETTER...

- Emotional control
- Outlook
- Relationships
- Communication
- Attention
- Problem solving & learning
- Safety and driving
- Physical health and weight
- Motor skills

HOW MUCH SLEEP?

| Ages | Hours per night + |
|---------|-------------------|
| 3 to 5 | 11 to 13 |
| 6 to 13 | 9 to 11 |
| 14 + | 8 to 10 |

+School-aged children need at least 10 hours of sleep per night during the school year.

Setup for Sleep

Tips for Parents and Kids

- A quiet, dark, and cool room helps you sleep well.
- Consider removing TVs, computers, and smartphones from the bedroom – they keep your brain on alert and interfere with sleep.
- Create a calming pre-sleep routine.
 - Kids: Bath and bedtime stories
 - Adults: Reading and/or calming music
- Nap early - or not at all.
 - Late naps create night owls.
- Go to bed and get up about the same time daily.
- Be active.
- Get some sun (remember your sunscreen!) – sun keeps your internal clock on a healthy sleep-wake cycle.
- Have a light dinner, and limit eating a few hours before bed.
- Drink plenty of water throughout the day to avoid waking up thirsty.
- Limit caffeine, alcohol, nicotine – they interfere with sleep.

Difficulty falling asleep?

Helping your child: Cuddle, rock, or gently stroke your child's forehead.
Helping yourself: Wait to go to bed until you are actually tired.

Adapted from HealthySleep.Harvard.edu

Sources:

- The National Sleep Foundation
- The Centers for Disease Control and Prevention
- HealthySleep.Harvard.edu



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