



HEALTHY SLEEP HYGIENE IN KIDS

For the first time, sleep was included in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth.

Research shows that almost a third of Canadian children and teenagers aren't getting enough sleep each night. Those that are getting enough sleep may not be getting good quality sleep and the negative implications of poor sleep may impact other areas of their lives. For example, too little sleep is associated with excess body weight, lower academic achievement, and shorter attention span.

So what can you do? That's where sleep hygiene comes in. Sleep hygiene describes the habits and practices that are conducive to sleeping well on a regular basis. Below are tips to help give children and teens the good quality rest they need.

GENERAL TIPS FOR HAVING HEALTHY SLEEP HYGIENE



Go to bed and wake up at the same time every day (even on the weekends!)



Don't go to bed feeling hungry, but also don't eat a heavy meal right before bed



Avoid caffeine consumption (e.g., coffee, soft drinks, chocolate) starting in the late afternoon



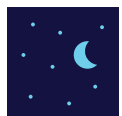
Develop a relaxing routine before bedtime – ideas include bathing, music, and reading



Expose yourself to bright light in the morning – sunlight helps the biological clock to reset itself each day



Reserve your bedroom for sleeping only – keep cell phones, computers, televisions and video games out of your bedroom



Make sure your bedroom is conducive to sleep – it should be dark, quiet, comfortable, and cool



Exercise regularly during the day



Sleep on a comfortable mattress and pillow



Don't have pets in your bedroom



The full 2016 Report Card and additional tools and resources are available online at www.participACTION.com/reportcard

References:

ParticipACTION. Are Canadian kids too tired to move? The 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. Toronto: ParticipACTION; 2016.

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