

This issue is focusing on the importance of

SLEEP.

Sleep is vital to children's health, wellbeing, learning and development.

Sleep needs to change as children get older. It helps to have an idea of how much sleep your child needs as this will be different depending on their age. All children are unique and some will need more or less sleep than others. Below is a guide to help you understand how much sleep your child might need.

DID YOU KNOW

Humans spend a third of their lives sleeping.

Sleep deprivation will kill you more quickly than food deprivation.

Humans are the only mammals that willingly delay sleep.

Pre-schoolers	10 - 13 hours
School age 6-13	9 - 11 hours
Teenagers 14 - 17	8 - 10 hours

Bedtime Tips

Research shows that all age groups benefit from a **bedtime routine**.

- Turn off computers, TV screens, video games and bright lights and hour before bed.
- Only allow drinks of water for the last hour before bed.
- Do not allow any sugary snacks - a banana, yogurt or a glass of milk is best.
- Have a bath.
- Put on pyjamas and brush teeth.
- Read a light book or share a book with your child.
- Have low lighting and soft music without words playing.
- Keep the room cool.

DO THE ROUTINE EVERY NIGHT.

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