

NURTURING YOUR CHILD'S PHYSICAL HEALTH: SLEEP



Only about half of BC kids say they're getting a good night's sleep 5 days per week¹

¹(MDI, 2023)

Why is sleep important?

- ✓ Good sleep is important for your child's mental and physical health.
- ✓ Sleep helps children feel energized, learn better, concentrate longer, and be more creative.
- ✓ Regular, restful sleep also strengthens their immune system.
- ✓ A well-rested mind makes better decisions and manages stress more effectively.
- ✓ Regular sleep allows the body to develop, grow, and function properly.

How much sleep is enough?



Sleep Guidelines:

- 9 to 11 hours of sleep per night for those aged 5–13 years
- 8 to 10 hours per night for those aged 14–17 years

Aim for:

- Uninterrupted sleep with *consistent* bed and wake-up times
- Less than 2 *hours* of recreational screen time per day

How can you ensure your child gets a good night's sleep?

Have a regular bedtime routine	Prioritize daily routines, such as interacting face-to-face, sleep, and physical activity over screen use	Keep their bedroom dark, quiet, and cool
Avoid screens at least 1 hour before bedtime and discourage recreational screen use in bedrooms	Does your child have sleep difficulties? This resource by Kelty Mental Health might help	If your child has sleep difficulties on a regular basis, speak with a health care provider



Ideas of what to include in your child's bedtime routine:

1. Clean up
2. Take a bath
3. Put on pajamas
4. Brush teeth
5. Go to the bathroom
6. Read books
7. Snuggle & sleep

To learn more about how to establish good sleep habits for your family, visit <https://keltymentalhealth.ca/sleeping-well>

For more information about the school physical health program, please contact your school Public Health Nurse.