

Sleep for Success!

We need sleep – lots of sleep – to keep us healthy, happy, and doing our best!



Are You Getting Enough?

Sleep is very important! Every living thing sleeps, from the smallest insect to the largest whale. Some animals spend as much as 20 hours a day sleeping! To give your body a chance to rest, grow, and be full of energy – **get plenty of sleep every night!**

How Much Sleep Do We Need Every Day?

Adults	7 to 9 hours
Teens	8 to 9½ hours
Kids	10 to 11 hours
Preschool Kids (3 – 5 yrs)	11 to 13 hours
Toddlers (1 – 3 yrs)	12 to 14 hours

Source: National Sleep Foundation, www.sleepfoundation.org

Why Bedtime Matters

Kids' health and behavior take a nose dive when their sleep habits are out of whack. Insufficient sleep makes kids short-tempered and whiny.

In school, a sleep-deprived child has trouble with concentration, memory, physical performance and decision making.

On the flip side, adequate sleep will boost a child's energy and enthusiasm. Good-quality sleep can also help kids learn more easily, reduce behavioral problems, and maintain a healthy weight.

Why Do We Sleep?

When you are off in dreamland, your brain and body are very busy getting ready for a new day.

Your brain needs sleep so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems, be creative, and think of new ideas

Your body needs sleep so your:

- Body weight is better controlled
- Muscles, bones, and skin grow
- Muscles, skin, and other parts repair from injuries
- Body can stay healthy and fight off sickness
- Energy levels are high and your mood is good

Too Little Sleep? Telltale Signs...

When adults don't get enough sleep, they're usually grumpy and lethargic. Kids can act this way too, but may also swing to the opposite extreme and be hyperactive. They may also have difficulty paying attention and behaving properly.

Kids may require more sleep if he or she:

- Is hard to wake up on school mornings
- Has a short attention span, reduced concentration, or is irritable or restless
- Has reduced memory and learning
- Has unusually low energy and activity levels
- Is more tearful, anxious, touchy, defensive or impatient than usual
- Is over-active



Signs of Sleep Disorders in Children

Talk to your pediatrician if your child exhibits any of the following signs:

- Snoring
- Breathing pauses during sleep
- Problems with sleeping through the night
- Difficulty staying awake during the day
- Unexplained decrease in daytime performance
- Unusual events during sleep



Get a Good Night's Sleep!

Avoid caffeine for at least 6 hours before bedtime.

The stimulating effects of caffeine in sodas, coffee, teas, energy drinks, and chocolate can keep you wide awake for hours!

Stick to a sleep schedule.

Go to bed and wake up at the same time each day – even on weekends. As creatures of habit, people have a hard time adjusting to altered sleep patterns. Sleeping later on weekends won't fully make up for the lack of sleep during the week and will make it harder to wake up early on Monday morning.

Create a relaxing bedtime routine.

Establish a nightly routine that signals that it's almost time for bed, and follow this ritual at roughly the same time every night. Do the same relaxing things before bed each night; try taking a warm bath, reading, or listening to quiet music.

Avoid watching TV or playing computer and video games before going to bed.

Make after-dinner playtime a relaxing time. Too much screen activity close to bedtime can keep you awake.

Exercise is great but not right before bed.

Try to exercise at least 30 – 60 minutes on most days to help you sleep, but avoid hard exercise 2 – 4 hours before bedtime.

Make sure your bedroom is cool, dark and quiet.

Heat, light, and sound distractions make it hard to fall asleep and stay asleep.

Avoid big meals before bed.

A large meal may cause indigestion that disrupts sleep. If hungry, drink a warm glass of milk or have a small healthy snack.

Get enough sunlight.

Exposure to daylight is key to regulating sleep. Try to get outside in natural sunlight for at least 30 minutes each day.

Myth:

Kids who don't get enough sleep at night will show signs of sleepiness during the day.

Truth:

Unlike adults, kids who don't get enough sleep at night typically become more active during the day. They may also have difficulty paying attention and behaving properly.

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
Poudre Valley Hospital Foundation
1024 South Lemay Avenue | Fort Collins, CO 80524
Phone: (970) 495-7517 | ve2@pvhs.org
www.CanDoOnline.org

Supported By:
LiveWell Colorado

