

Healthy Sleep for Healthy Kids

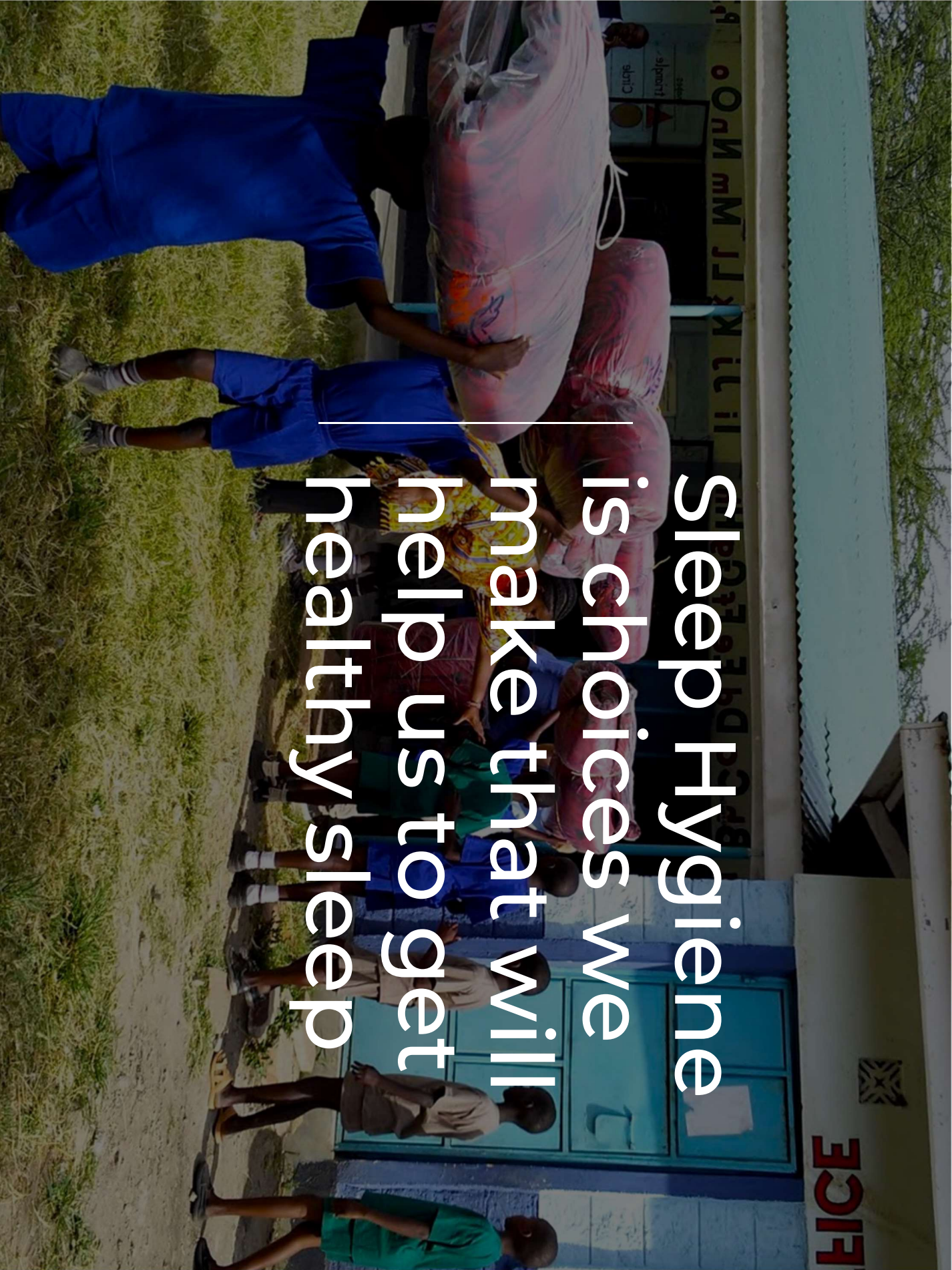
A joint project by:

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*Canadian Sleep
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&

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*Sleeping Children
Around the World*

A photograph of a schoolyard scene. In the foreground, a teacher in a blue uniform is standing next to a bed that is covered with a pink and white patterned sheet. The bed is positioned on a dirt path. In the background, a group of children in school uniforms are standing in a line. The school building is visible in the background, with a sign that reads "FICE" and a sign that reads "Head" and "Clerk".

Sleep Hygiene
is choices we
make that will
help us to get
healthy sleep

Why is sleep hygiene important to know?

Knowing what could help us sleep better and what could make it more difficult for us allows us to choose what to do and what to avoid in order to get the best and the right amount of sleep at the right time





Habits that
make sure we
fall asleep
and wake up
at the right
time for us:



Go to bed
at the
same time
every
night



Wake up at the same time every
morning





Exercise in the
early part of the
day



Relaxation or relaxing
activities before
bedtime

Keep
cool





•Only get in
bed
when tired or
sleepy

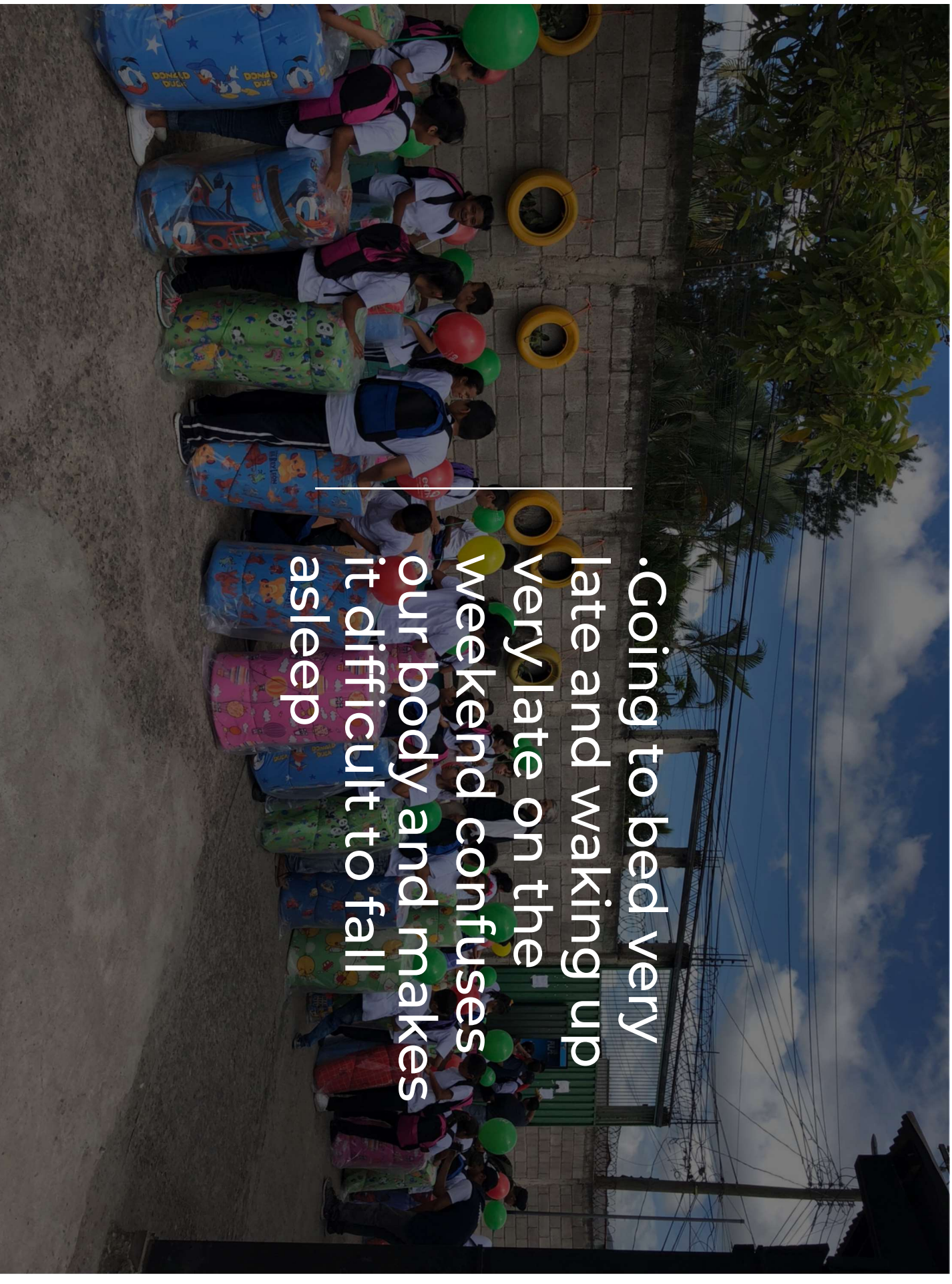
•Get out of
bed
if unable to
sleep for 20
minutes

Habits that make
it difficult for us
to get good sleep
at the right time
for us:

Going to bed
and waking
up at different
times every
night or
almost every
night



. Going to bed very
late and waking up
very late on the
weekend confuses
our body and makes
it difficult to fall
asleep





Taking long naps in the afternoon/
evening makes it difficult to fall asleep

Exercising near
bedtime will
also make it
difficult to fall
asleep



Additional things
that will make it
difficult to fall
asleep:

- Having an
argument or
intense discussion
before bed
- Using electronics
in bed, watching
tv right before bed



Do not drink tea,
cola, coffee,
energy drinks in
the evening

Tea, cola, coffee
and energy
drinks contain
caffeine. Caffeine
is a stimulant - it
wakes you up
and can make it
more difficult to
fall asleep if
consumed close to
bedtime





World Sleep Day March 16, 2018

Contact:

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Sleeping
Children Around
the World

www.scaw.org

Canadian Sleep
Society



Société Canadienne
du Sommeil



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Go to bed
at the same
time every
night

Wake up at
the same
time every
morning

Exercise in
the early
part of the
day

Relaxing
activities
before
bedtime

Keep cool

Only get in
bed when
tired or
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Get out of
bed if
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Healthy
sleep for
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HEALTHY SLEEP FOR HEALTHY KIDS!

Sleep Hygiene is choices we make that will
help us to get healthy sleep

Why is sleep hygiene important to know?

Knowing what could help us sleep better and what could make it more difficult for us allows students to choose what to do and what to avoid in order to get the best and the right amount of sleep for them at the right time for them.



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Habits that help us fall asleep and wake up at the right time:

- ! Going to bed at the same time every night
- ! Waking up at the same time every morning
- ! Exercising in the early part of the day
- ! Relaxation or relaxing activities before bedtime
- ! Keeping cool
- ! Only getting in bed when tired or sleepy
- ! Getting out of bed if unable to sleep for 20 minutes



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Habits that make it difficult for us to get good sleep at the right time for us:

- " Going to bed and waking up at different times every night or almost every night
- " Going to bed very late and waking up very late on the weekend
- " Taking long naps in the afternoon/evening
- " Exercising near bedtime
- " Using electronics or watching TV right before bed
- " Having an argument or intense argument before bed
- " Drinking tea, cola, coffee or energy drinks in the evening as they contain caffeine. Caffeine is a stimulant - it wakes you up and can make it more difficult to sleep if consumed close to bedtime



Created by:

Canadian Sleep Society



Société Canadienne du Sommeil

