

NEWSLETTER

*Whole School. Whole Community.
Whole Child.*
#04 | May | 2020

Better Sleep Month

May is **National Better Sleep Month**, how will you dedicate this month to enhancing your sleep?



Children & Sleep

10 Tips to Help Children Sleep Better

1. **Remove Screens**– consider nixing TVs, tablets, laptops, & even cell phones.
2. **Establish a bedtime routine**– having a pattern before bed will help signal the mind and body that it's time for bed.
3. **Cut the calories**– eating too close to bed time tends to keep kids up.
4. **Create a sleep environment.** See how here: <https://www.sleep.org/design-a-sleep-friendly-bedroom-for-your-child/>
5. **Get wet**– some kids find that taking a bath or shower before bed helps to relax.
6. **Keep it quiet**
7. **Check the size**– be sure their bed is the right size, check out this article to learn more:
[What Size Bed is Right for My Child? | Cuckooland](#)
1. **Don't use going to bed as a punishment**–this may create a negative view of sleep
2. **Avoid making bedtime a negotiation**– give choices of pajamas and bed time stories.
3. **Make sleep a family priority**

(The Better Sleep Council, 2020)

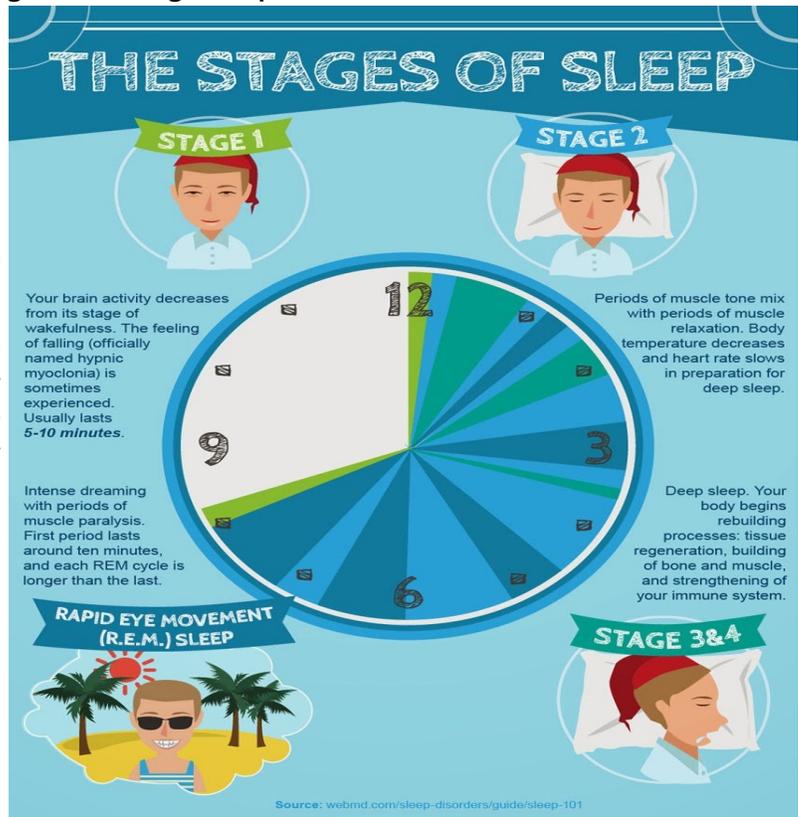
How much sleep do children need?

| Age Group | CDC Recommendation |
|--------------------------|-----------------------|
| Newborn (0-3 months) | 14-17 hours |
| Infant (4-12 months) | 12-16 hours |
| Toddler (1-2 years) | 11-14 hours |
| School Aged (6-12 years) | 9-12 hours |
| Teen (13-18 years) | 8-10 hours |
| Adult (18+) | 7 or more hours/night |

The Stages of Sleep

It is important to understand our sleep cycle in order to pinpoint where in our cycle sleep is interrupted & what we can do to get a better night sleep.

- **Stage 1**-This is when your body starts to feel a little drowsy. You are easily woken up during this stage that usually lasts 10-20 minutes.
- **Stage 2**- Next your sleep will get a little deeper. Your brain will give signals to your muscles to relax as well as slowing down your heart rate and breathing. Your body temperature can even drop during this stage that lasts about 30 minutes.
- **Stage 3**- This is a deeper sleep called slow-wave sleep. Your brain starts to send messages to lower your blood pressure and your body isn't sensitive to the temperature around you. It is much harder for someone to wake you up during this stage.
- **Stage 4**- This is the deepest sleep and is still considered slow-wave sleep. It is even more difficult to wake up during this stage and if you do you could be confused. This is the stage where people most often begin to sleep walk.
- **R.E.M. Sleep**- R.E.M stands for Rapid Eye Movement. Although your body is very relaxed in this stage of sleep, your eyes move back and forth very quickly beneath your eyelids. The R.E.M. stage will raise your heart rate and make breathing irregular. This is the stage where you have dreams (and nightmares)!
- **Important to Note:** While you're asleep, you repeat stages 2, 3, 4 and R.E.M. about every 90 minutes until you wake up in the morning.



(KidsHealth.com, 2020)

Cooking Corner



Looking for dinner recipes to help set the tone for a great night sleep? Combine some of those sleep-supporting foods into a perfect evening meal. For a list of foods that help and harm your sleep click [here!](#)

Great Recipes that Promote Sleep:

Lemon Parmesan Salmon & Asparagus Foil Pack: <https://cafedelites.com/lemon-parmesan-salmon-asparagus-foil-packs/>

Pork Tenderloin with Mango Salsa: <https://domesticate-me.com/the-dude-diet-the-yo-yo-effect/>

As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Ashley](#), for assistance. We would love to hear from you!

