

Sleep

~ Behaviour Newsletter 2~

IS SLEEPING IMPORTANT FOR MY HEALTH?

Sleeping can help children to feel more happy. It helps improve attention span, memory, learning and growth. Sleep also helps you have a healthy heart.

Watch the social media, screen time and peer pressure video from The Sleep Charity





HOW MUCH SLEEP IS ENOUGH?

• Babies 4 to 12 months old: 12 to 16 hours including naps

• Toddlers 1 to 2 years old: 11 to 14 hours including naps

• Children 3 to 5 years old: 10 to 13 hours including naps

• Children 6 to 12 years old: 9 to 12 hours

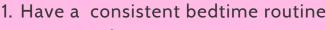
Adolescents 12-18 years: 8 to 10 hours



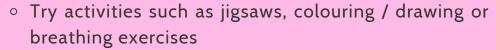
<u>Tips for children and</u> <u>Teenagers from Great</u> <u>Ormond Street</u>

IDEAS TO IMPROVE SLEEPING





- 2. Create a relaxing environment
 - Turn off all electronic screens



- Share something positive about your day
- Read a bedtime story
- 3. Practice daily activity and exercise but not too close to bedtime
- 4. Avoid caffeine (tea, coffee, cola), large meals, and sugary treats before bedtime
- 5. Want more? Click the link in the QR code







