Fairfax County School Health Promotion December Newsletter Articles

December Energy Train: Sleep for 9 and you will shine!

Newsletter and/or KIT– Very Short

Kids need at least 9 hours of sleep. Why? Sleep is needed for growth, weight control, learning, creativity and mood control. Help your kids learn healthy sleep habits: develop a bedtime routine and put them to bed at the same time every night; turn off electronic devices 30 minutes before bedtime and keep them out of the bedroom; avoid caffeine; and make sure they get plenty of exercise during the day (but choose quieter activities 2-3 hours before bedtime). Learn more by visiting www.sleepfoundation.org.

Newsletter - Short

Did your child get enough sleep last night? Kids need at least 9 hours of sleep. It is needed for growth and weight control. Getting enough sleep will help your child do well in school as it impacts learning and creativity. A well-rested child is also able to deal with life's curve balls as sleep improves mood and coping.

Six ways to help your children learn healthy sleep habits:

1. Thirty minutes before bedtime, turn off electronics and keep them out of the bedroom.
2. Develop a bedtime routine.
3. Go to bed at the same time every night.
4. Keep the bedroom a cool temperature and quiet.
5. Get plenty of exercise during the day, but choose quieter activities 2-3 hours before bedtime.
6. Avoid caffeine late in the day, including sodas and large amounts of chocolate.

More Info:

National Heart, Lung and Blood Institute: http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html

A Fairfax County, Va., publication. November 2015. If you would like this information in another format please call 703-246-2411, TTY 711.

This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.

More Resources:

http://www.cdc.gov/sleep/index.html

http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch

http://sleepfoundation.org/sleep-topics/children-and-sleep

http://healthysleep.med.harvard.edu/healthy/

References:

http://sleepeducation.org/images/article-images/classroom-poster.jpg?sfvrsn=0.6962997277732939

http://www.fitday.com/fitness-articles/nutrition/3-ways-to-burn-calories-while-you-sleep.html

http://www.washingtonpost.com/news/to-your-health/wp/2014/12/22/ipads-tablets-smartphones-disrupt-good-sleep-study-finds/

http://www.cdc.gov/Features/Sleep/

http://sleepfoundation.org/ask-the-expert/electronics-the-bedroom

http://sleepfoundation.org/how-sleep-works/myths-and-facts-about-sleep

http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1696.full.pdf+html

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