

# 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



[Tips for children and Teenagers from Great Ormond Street](#)

### IDEAS TO IMPROVE SLEEPING



1. Have a consistent bedtime routine
2. Create a relaxing environment
  - Turn off all electronic screens
  - Try activities such as jigsaws, colouring / drawing or breathing exercises
  - 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

