

Wednesday, April 15, 2020

Dear Briarwood Families,

Welcome to Wellness Wednesday! We hope this week is going well and that you all continue to stay home and stay healthy. Being well-rested can improve your immune system's ability to keep you healthy! Getting healthy sleep is important for both physical and mental health; it can also improve productivity and overall quality of life.

The move to distance learning has required us all to adjust to a new schedule, and may have greatly impacted our sleep schedules. One of the most important aspects of healthy sleep is to spend an appropriate amount of time asleep in bed, not too much or too little. The CDC recommends that school-aged children (6-12 years old) and teenagers (13-18 years old) should get 9-12 and 8-10 hours of sleep per 24 hours, respectively, and that adults should get a minimum of seven hours per night. If you or your student are finding it difficult to get a healthy amount of sleep, try some of the following habits that can improve your sleep health.

- Be consistent. Go to bed around the same time each night and get up around the same time each morning, including weekends.
- Go to bed early enough to get enough sleep before you need to wake up.
- Make sure your bedroom is quiet, dark, and a comfortable temperature.
- Try your best to keep electronic devices and other distractions out of the bedroom. If you use your phone or another device as an alarm, keep it across the room to prevent staying up later than planned or being woken up by notifications.
- Avoid large meals or caffeine before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.
- Limit daytime naps to 30 minutes. Napping does not make up for inadequate nighttime sleep, but a short nap can help improve mood, alertness, and performance.
- Natural light is particularly important to sleep-wake cycles. Exposure to sunlight during the day and darkness at night helps to maintain a healthy cycle. Limit exposure to bright light as well as light from phones and tablets in the late afternoon and evening.

We hope these tips will help you and your students to maintain good sleep health during distance learning.

Take care,

Casey Lunn, MS, LPC-I
Lower School Counselor

Toni LaZurs, M.Ed., LPC
Middle-Upper School Counselor

TAKINGCHARGE.CSH.UMN.edu

MINDFUL.org

POSITIVEPSYCHOLOGY.com

MINDFULLIVINGPROGRAMS.com