May 11 to May 15, 2020

Hello Edison Elementary

Hello James Madison, Martin Luther King, Woodbrook, Menlo Park, John Marshall, Ben Franklin, Lincoln, Lindeneau, James Monroe & Washington Elementary School students.

As we adjust to stay-at-home orders and try to remain healthy in a time of COVID-19, focusing on sleeping well offers tremendous benefits.

Sleep is critical to physical health and supports your immune system. This means it helps you to fight off infections. It's also a key promoter of emotional wellness and mental health, helping to beat back stress, depression, and anxiety.

So, if you haven't already started, make new changes today, to lead to a better sleep!

Your Edison Elementary School Nurses

Let's Get a Good Sleep

Good Sleep Hygiene requires routine. Check out this video to help your children.

Parents, you need sleep too & you get to be a good role model to your family.

Great ideas for reading before bed with children to enhance sleepiness. Read with a soft, calming voice or try this video.

Bedtime Yoga can be done individually or as a family to enhance bonding and calmness.

How much sleep is needed?

6-12 years old	= 9 -12 hrs every 24 hrs
13-18 years old	= 8 -10 hrs every 24 hrs
18-60 years old	= 7 or more per night

To Include in Your Daily Schedule

1.

Wake-Up Time

Set your alarm, bypass the snooze button, and have a fixed time to get every day started.

2.

Wind-Down Time

Try light reading, stretching, and meditating before bed. Put on PJ's & brush your teeth at the same time each night.

3.

Bedtime

Pick a consistent time to actually turn out the lights and try to fall asleep.

In addition to time spent sleeping and getting ready for bed, provide time cues throughout the day such as:

- Showering and getting dressed even if you aren't leaving the house.

- Eating meals at the same time each day.

- Blocking off specific time periods for work and exercise.

Be Careful with Naps

★ If you're home all day, you may be tempted to take more naps.

★ While a short power nap early in the afternoon can be useful to some people, it's best to avoid long naps or naps later in the day that can hinder nighttime sleep.

Reserve Bed for Sleep

★ Don't spend more than 20 minutes tossing and turning. Instead, get out of bed & do something relaxing in very low light. Then head back to bed to try to fall asleep.

★ Changing sheets frequently, fluffing your pillows, and making your bed can keep your bed feeling fresh, creating a comfortable and inviting setting to doze off.

Stay Active

Regular daily activity has numerous important benefits, including for sleep.

1. Go for a walk; maintain social distance.

2. Online videos for exercise.

3. Many gyms, and yoga & dance studios are live-streaming free classes during this period of social distancing.

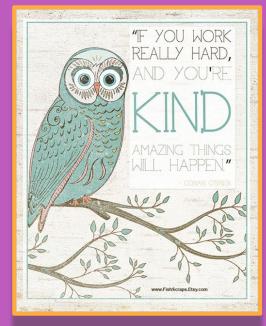4. Play frisbee, hide & seek, long jump competitions, etc. in the backyard.

Practice Kindness & Foster Connection

Kindness and connection can reduce stress and its harmful effects on mood and sleep.

1. Find some positive stories, such as how people are supporting one another through the pandemic.

2. Use technology to stay in touch with friends and family so that you can maintain social connections despite the need for social distancing.

3. Compliment each person in your household on what they do well.

"IF YOU WORK REALLY HARD, AND YOU'RE **KIND** AMAZING THINGS WILL HAPPEN."
- CONAN O'BRIEN

www.FishScraps.Etsy.com

Relaxation Techniques

Finding ways to relax can be a potent tool in improving your sleep.

1. Deep breathing

2. Stretching

3. Yoga

4. Mindfulness meditation

5. Calming music

6. Virtual Worship

★ **Check out smartphone apps like Headspace and Calm that have programs designed for people new to meditation.**

★ **Scheduling phone or video calls with friends and family and agreeing in advance to focus on topics other than the coronavirus.**