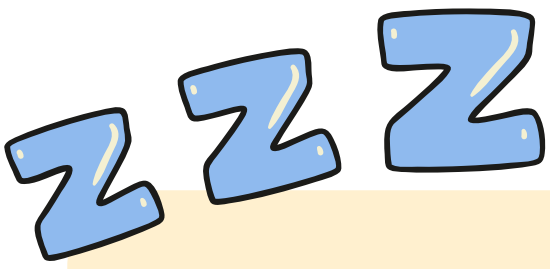
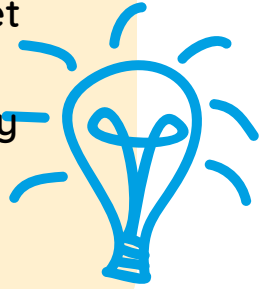


A GOOD NIGHT SLEEP -SLEEP HYGIENE



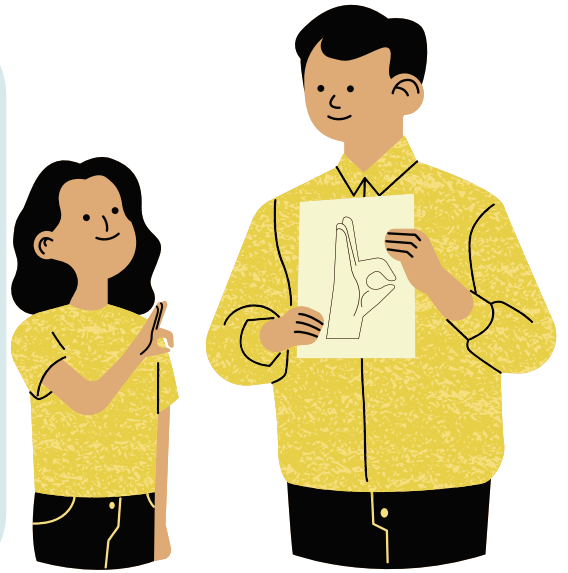
FACTS

- In the state of Washington, 29.6% of children (aged 4mo to 4y/o) experience short sleep in a 2018-2019 study.
- About 57.8% of middle schooler (grade 6-8) did not get enough sleep on school nights.
- It is recommended that children (6-12) should regularly sleep for 9-12 hours.
- Sleep deprivation can lead to poor mental health, injuries, and problems with attention.



SIGNS OF SLEEP DEPRIVATION

- Slow thinking
- Poor attention span
- Irritability
- Stress and anxiety
- Lack of energy



PRACTICE

- Establish a routine: go to bed at the same time.
- Environment: quiet, dark, comfortable environment.
- Electronic free.
- Avoid large meals or caffeine before bed.
- Avoid napping throughout the day.

ADDITIONAL HELP (VARY DEPENDING ON INDIVIDUAL)

- Temperature: around 65 degrees
- White noise: waves, rain...
- Soothing smell: lavender for mild sedative effects



RESOURCE

- American Academy of Sleep Medicine
- Sleep Research Society
- National Sleep Foundation
- National Research on Sleep Disorders Research

Works Cited

“Children (4 Months to 14 Years) Sleep Data.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 19 Sept. 2022, www.cdc.gov/sleep/data-and-statistics/children.html.

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“Sleep in Middle and High School Students.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 10 Sept. 2020, www.cdc.gov/healthyschools/features/students-sleep.htm.

“Sleep Strategies for Children.” Sleep Foundation, 8 Sept. 2023, www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids.

