

Healthy Tigers Newsletter



-September 2025-



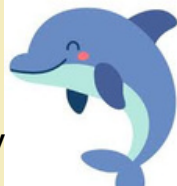
The science and importance of sleep

Sleep is essential for the human body to function properly. Children need sleep for growth and development, while adults need it to maintain physical and mental health. During sleep, the body repairs and regenerates tissues, strengthens the immune system and consolidates memories. For children 5-12 years of age, doctors generally recommend 9-12 hours of sleep per night for optimal health and development.

Fun facts about sleep for kids

Did you know animals sleep in different ways?

For example, some animals like dolphins and whales sleep with only half of their brain at a time, while the other half stays awake to help them swim and breathe.



Other animals, like giraffes, only need about 30 minutes of sleep a day, while sloths can sleep for up to 20 hours a day!



Dreams & nightmares

Dreams can be fun, scary, or just plain weird. Did you know that most people have 3 to 5 dreams a night, but they usually forget them by morning?

Nightmares are also common and they can be caused by stress, anxiety, or even eating certain foods before bed.

However, some people believe that nightmares can also be a way for our brains to work through difficult emotions and experiences.

Tips for better sleep

1. **Regular bedtimes and wake-up times:** Aim for consistent bedtimes and wake-up times, even on weekends to regulate the body's natural sleep-wake cycle.
2. **Wind down activities:** Engage in relaxing activities in the hour before bed such as reading a book, listening to soft music and taking bath.
3. **Create a conducive sleep environment:** Ensure bedroom is cool, dark and quite to promote restful sleep, make sure the bedding is comfortable and appropriate for the season, avoid screens for at least an hour before bed as the blue light emitted from screens can interfere with sleep.
4. **Encourage health habits:** Encourage physical activity during the day, as it can help promote better sleep at night, avoid caffeine and sugary drinks in the afternoon/evenings and ensure your child has a balanced diet and avoid large meals close to bedtime.