

FAMILY ACADEMY:

Helping Your Student Learn and Grow

October 15, 2026 | 6:00–7:30 p.m.

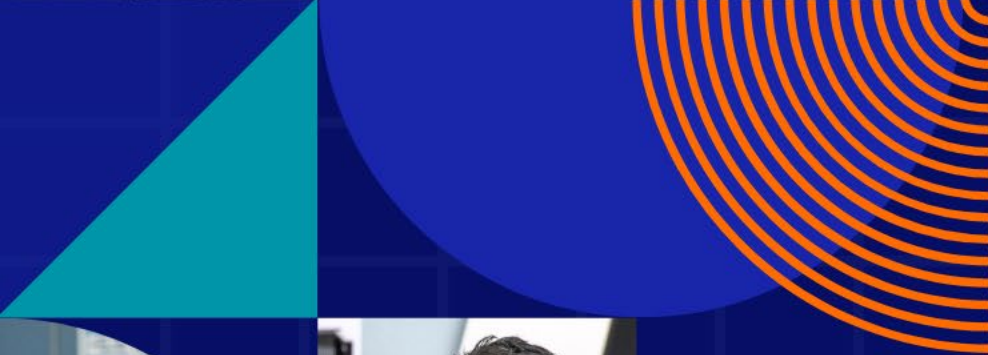
Olympic View K-8

*Understand what your student is
learning and discover ways to support
learning at home.*



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PUBLIC SCHOOLS





Rested and Ready

Sleep Habits That Support Learning

Margaret Aparis, BSN, RN | Director of Health Services





FEDERAL WAY PUBLIC SCHOOLS

Each Scholar: A voice. A dream. A **BRIGHT** future.

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Director of Health Services

Welcome!

1

Why sleep matters

How sleep affects learning, mood and health

2

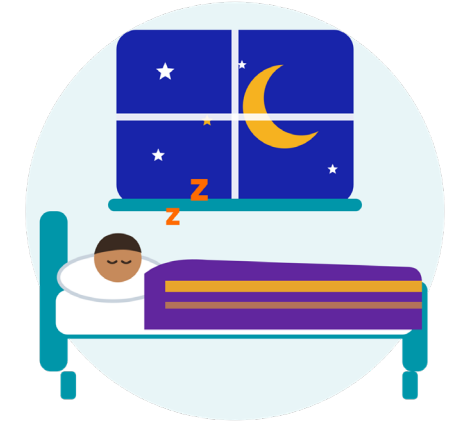
Inside the body

Body clocks, hunger hormones and teen sleep

3

Your sleep toolkit

Small, doable changes for home



Quick poll: Raise your hand if bedtime is a battle at your house.

Why sleep matters



Attention

Rested brains focus longer and stay on task



Memory

Sleep locks in what was learned that day



Mood

Less irritability and fewer meltdowns



Behavior

Better impulse control and decisions



Health

Stronger immune system and healthy growth



Attendance

Fewer sick days and late arrivals

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How much sleep do kids need?

Preschool

ages 3–5



10–13 hrs

incl. naps

School-age

ages 6–12



9–12 hrs

Teens

ages 13–18



8–10 hrs



Try it: count backward

1. Start with your child's wake-up time
2. Subtract the hours they need
3. That's your lights-out time. Is it realistic?

Example: wake at 6:30 AM – 10 hours = 8:30 PM
lights out

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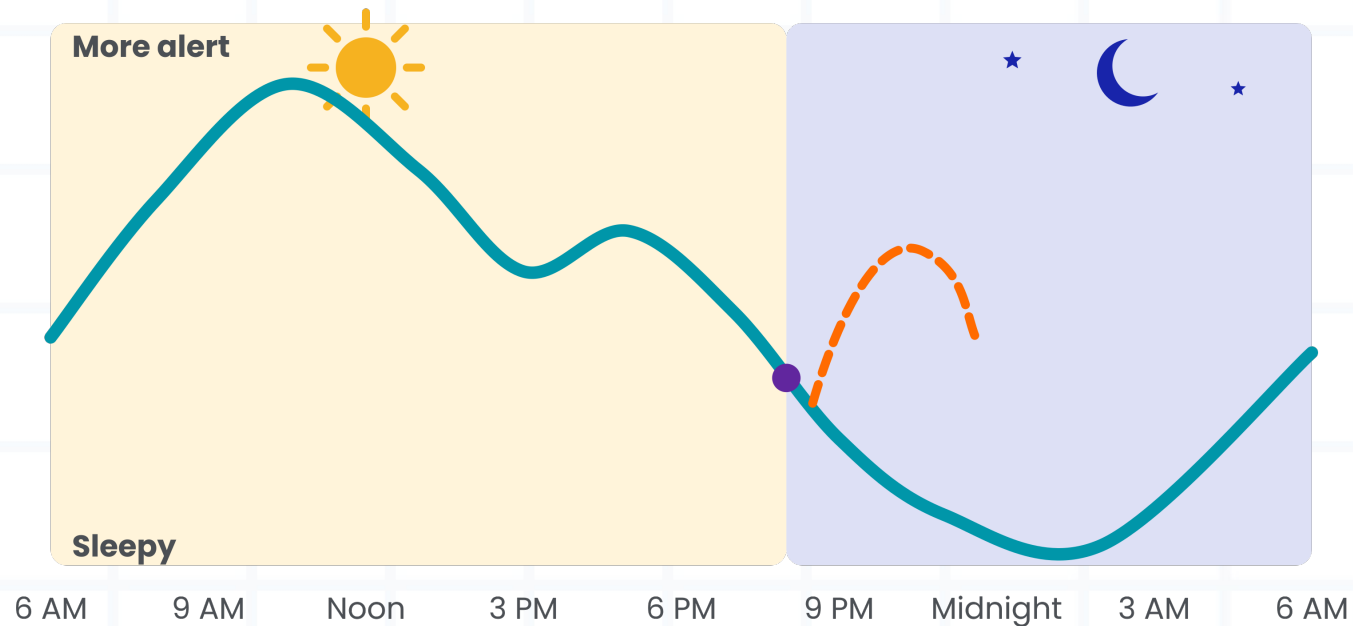
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The Body Clock



A child's alertness across 24 hours

Melatonin

When darkness falls, the brain releases melatonin, its "time for sleep" signal.

The second wind

Miss the sleep window and the body releases cortisol and adrenaline: hyper, irritable, and hard to settle, even though exhausted.

Keep it steady

Same bed and wake times every day, weekends too. Sleeping in 1–2+ hours can throw the schedule off for several days.



Tired Bodies Get Hungry



Ghrelin

goes UP

the hunger hormone



Leptin

goes DOWN

the "I'm full" signal



Cortisol

goes UP

stress, appetite and stress eating



Let's talk: What do you reach for when you're tired?

Most of us grab something quick, sweet, salty or high-fat. A tired brain finds those foods the most rewarding.

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Food and Drink Habits That Help Sleep



Eat regular meals

Steady meals keep hunger and energy steady too, make sure to include protein in every meal.



Light snack, not a big meal

Skip a full meal in the last hour before bed.



No caffeine after lunch

Hidden in soda, iced tea, coffee drinks and chocolate. It can make sleep shallow or broken.



Skip energy drinks

They pack a lot of caffeine and aren't recommended for kids or teens.

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Teen sleep: a perfect storm

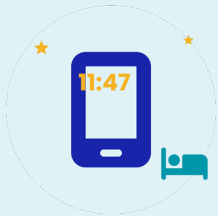
60%

of middle schoolers

70%

of high schoolers

Don't get enough sleep on school nights (CDC)



Competing for time: sports, homework, jobs, friends and devices

What's changing in their bodies



Body clocks shift later

Puberty pushes the natural sleep time later, not usually tired at 10pm



Growing happens at night

Growth hormone is released during sleep for growth and muscle repair.



Brain still under construction

The frontal lobe, the decision-making part, is still developing.

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When teens run short on sleep



Mood

More anxiety, depression, and mood and behavior problems



Thinking

Poorer attention, memory, decisions and creativity



Driving

Slower reaction time, a real risk for new drivers



School

More absences and falling behind



Immunity

Weaker immune function, more colds



Risk-taking

More likely to take risks and act on impulse

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Athletes: Sleep is Part of Training

1.7x

more likely to be injured

Teen athletes sleeping under 8 hours (Milewski, 2014)

+9%

Increase in reaction time, speed, accuracy and focus



What sleep does for athletes



Performance: Faster reaction time, speed, accuracy and focus



Recovery: Growth hormone released in deep sleep repairs muscle



Late games and travel: Keep a wind-down routine, even after late practices



Smart naps: 20–30 minutes before mid-afternoon

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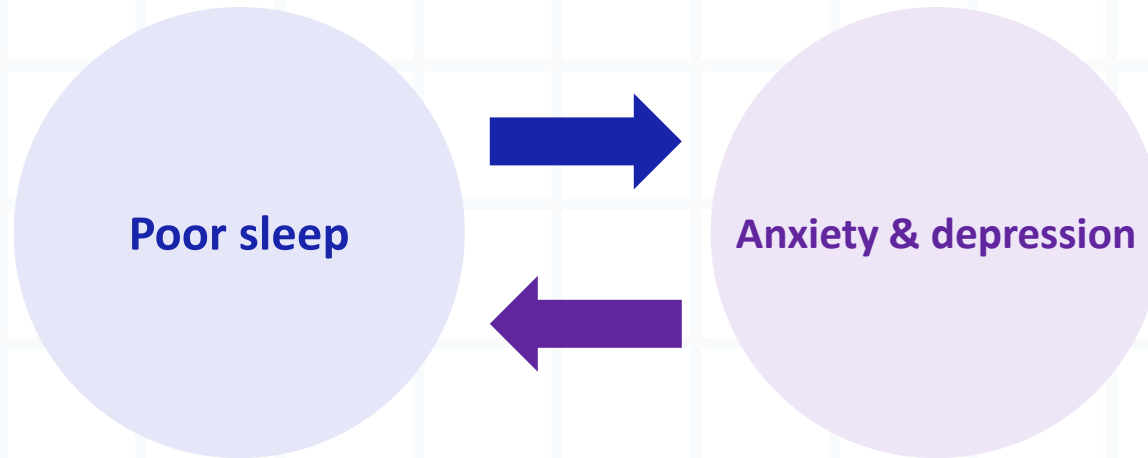
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Health: Sleep and mental health go both ways



Long-term risks of going without enough sleep

High blood pressure

High cholesterol

Heart disease

Type 2 diabetes



If you or your child needs support

988

Suicide & Crisis Lifeline: call or text, 24/7

866-427-4747

Crisis Connections, 24/7

866-833-6546

Teen Link: teens talking with teens

911

In an emergency

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Sleep is when learning gets saved

During deep sleep and REM sleep, the brain replays the day and stores what was learned. Skip the sleep, and some of that learning doesn't stick.



Sleepiness can look like attention problems

Tired kids often look fidgety, distracted or impulsive rather than sleepy. **Check sleep first.**



In the classroom

Head down on the desk
Irritable or easily frustrated
Late to school



In the health room

Headaches
Stomachaches
Frequent visits to the nurse



At home

Hard to wake up
Meltdowns after school
Wired at bedtime

That's why our home-school partnership matters: we each see part of the picture.

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Your sleep toolkit



Schedule

Same bedtime and wake time,
7 days a week



Screens

Off 1 hour before bed; charge
outside the bedroom



Routine

Calm steps in the same order:
bath, PJs, teeth, story



Environment

Cool, dark, quiet and the same
all night



Daytime

Active play every day and
morning light outside



Calming

Belly breathing, a peaceful
scene, early "worry time"



Tracking

Jot down naps, bedtimes and
activities to spot patterns

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Let's try it: belly breathing



1

Get comfy

Sit back and place one hand on your belly, just below your ribs.

2

Breathe in slowly

Breathe in through your nose. Feel your belly rise and push your hand up.

3

Breathe out slowly

Let the air out through your mouth. Feel your belly fall.

4

Repeat 4–5 times

Slow and gentle. No need to rush.

Why it works: it slows the heart rate and lowers blood pressure.

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Coming up: plan ahead



Clocks fall back

Sunday, November 1

Ease in by shifting bedtime and wake time 15 minutes later each night:

Wed

+15

Thu

+30

Fri

+45

Sat

+60

Sun

Nov 1

By Sunday, your child's body clock already matches the new time.



Make it a team plan

Involve your kids instead of imposing rules.

Ask: "What's one thing you'd like to change about bedtime?"

Listen to their ideas and let them choose details, like which book to read or where the phone charges.

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OTC Sleep Aids and When to Call the Doctor



Melatonin and sleep medicine

Why I don't recommend it...

Supplements and gummies aren't held to federal drug standards; the real dose can differ from the label.

Gummies look like candy.

Use only if your child's doctor recommends it.

Possible side effects

Morning grogginess

Irritability, mood swings

Nightmares, night terrors

Headache, dizziness, nausea



Call your doctor if...



You've used the toolkit consistently and sleep is still a struggle



Your child's sleep is broken up, or they wake up in a panic



Your child snores often (may need a check for sleep apnea)

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**Small, gradual changes
count.**

Pick one thing to try this week



Set a bedtime for
every day



Start a charging
station outside
bedrooms



Add one calm step to
bedtime



Get outside in the
morning light



Write your pick down tonight. In a week or two, check in on how it's going, then add another.

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Crisis Connections. crisisconnections.org | 988 Suicide & Crisis Lifeline. 988lifeline.org

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Questions?



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Thank you for coming!

Feedback Survey

Share your feedback about today's event!

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!

پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!



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