



# HEALTHY SLEEP HYGIENE IN KIDS

**For the first time, sleep was included in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth.**

**Research shows that almost a third of Canadian children and teenagers aren't getting enough sleep each night.** Those that are getting enough sleep may not be getting good quality sleep and the negative implications of poor sleep may impact other areas of their lives. For example, too little sleep is associated with excess body weight, lower academic achievement, and shorter attention span.

**So what can you do?** That's where sleep hygiene comes in. Sleep hygiene describes the habits and practices that are conducive to sleeping well on a regular basis. Below are tips to help give children and teens the good quality rest they need.

## GENERAL TIPS FOR HAVING HEALTHY SLEEP HYGIENE



**Go to bed and wake up at the same time** every day (even on the weekends!)



**Don't go to bed feeling hungry**, but also don't eat a heavy meal right before bed



**Avoid caffeine consumption** (e.g., coffee, soft drinks, chocolate) starting in the late afternoon



**Develop a relaxing routine** before bedtime – ideas include bathing, music, and reading



**Expose yourself to bright light in the morning** – sunlight helps the biological clock to reset itself each day



**Reserve your bedroom for sleeping only** – keep cell phones, computers, televisions and video games out of your bedroom



**Make sure your bedroom is conducive to sleep** – it should be dark, quiet, comfortable, and cool



**Exercise regularly during the day**



**Sleep on a comfortable mattress and pillow**



**Don't have pets in your bedroom**



The full 2016 Report Card and additional tools and resources are available online at [www.participACTION.com/reportcard](http://www.participACTION.com/reportcard)

### References:

ParticipACTION. Are Canadian kids too tired to move? The 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. Toronto: ParticipACTION; 2016.

Chaput JP, Gray CE, Poitras VJ, Carson V, Gruber R, Olds T, Weiss SK, Gorber SC, Kho ME, Sampson M, Belanger K, Eryuslu S, Callender L, Tremblay MS. Systematic review of the relationships between sleep duration and health indicators in school-aged children and youth. Applied Physiology Nutrition and Metabolism. 2016, 41(6): S266-S282.

