

SLEEP / TECH / SCREEN TIME



SLEEP / TECH

Section 1: Overview

Sleep is essential to mental and physical health. Good sleep habits support the healthy function of the brain and overall physical health, which are particularly important for children and adolescents.

Sleep allows our brains and bodies to recover from a day of activities whether from learning, moving, socializing, or growing. This recovery time allows us to cement new learnings and memories. Sleep gives us energy and keeps us alert.

Section 2: Benefits of Sleep

Sleep is a state of rest. But even while our bodies are resting, our brains remain active. Brains take this time to regulate our body, our minds, and help us learn. Thus, sleep is essential to our health both physically and mentally.

Physical Health Benefits

Sleep helps us physically in many ways. On top of helping us recover and regain energy from our day, it also aids in regulating our system.



Sleep helps in forming new neural pathways & process info. This helps improve memory and learning. It also helps increase attention and creativity. When we sleep we have physical growth & development, our cells heal and repair. It can also help our immune system and help us maintain hormonal balance.

Mental Healthy Benefits

Sleep is used unconsciously to sort through new information and experiences in our day to day. It can help you feel better emotionally, more alert, and stay productive. Getting enough sleep can make decision making easier.



DID YOU KNOW?

Studies show that most people don't get enough sleep each night. The amount of sleep you need is based on your age.

Pre-teens need

9-11

HOURS OF SLEEP

Teens need

8-10

HOURS OF SLEEP

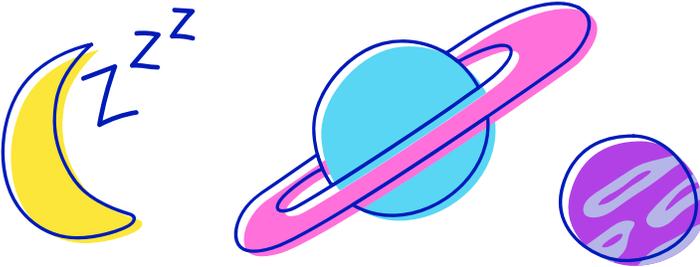


Having little sleep or poor sleep habits can bring many problems daily as well as effect our long term health.

- Poor decision making
- Poor problem solving
- Poor emotional control
- Poor coping with change
- Risk of obesity
- Cardiovascular disease
- Stroke
- Diabetes
- Kidney disease

Section 3: Healthy Sleep Habits

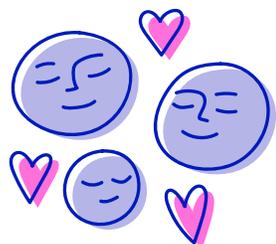
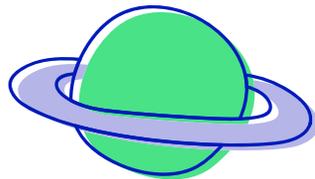
Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. These behaviors, called sleep habits, can promote healthy sleep or make it difficult to sleep. Setting up good sleep habits can take time, but can help with a regular sleep schedule.



Circadian Rhythm

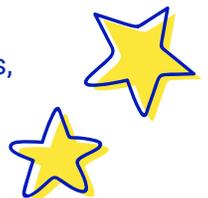
If you've ever noticed that you tend to feel energized and drowsy around the same times every day, you have your circadian rhythm to thank. What is it, exactly? Your circadian rhythm is basically a 24-hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.

Keeping a regular sleep schedule—even on weekends—maintains the timing of the body's internal clock and can help you fall asleep and wake up more easily. If you constantly change the time you fall asleep and wake up, your body won't be able to adjust to a set schedule.



Set up healthy sleep habits together, as a Family!

While children and adolescents need more hours of sleep than adults, everyone can benefit from establishing a routine. Parents should set an example to their children. This is one of the most effective ways to help children establish healthy sleep and screen habits.



4-7-8



Relaxing Breathing Exercise

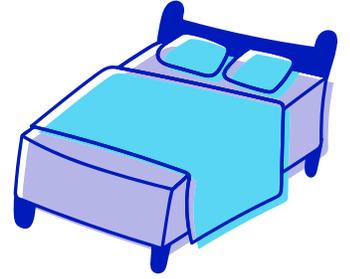
In a quiet and dark room, lie on your back and fold your hands on your chest or belly with your mouth closed.

- 1 For 4 counts, inhale through your nose.
- 2 For 7 counts, hold your breath.
- 3 For 8 counts, exhale through your mouth.
- 4 Repeat three more times.

If you can't hold your breath very long at first, that's okay. With time, you will work your way up to slower breaths.

After consistent practice for 2 months, you'll be able to fall asleep in minutes, according to Dr. Andrew Weil, who originated the technique.

7 DAY CHALLENGE

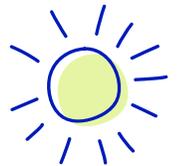
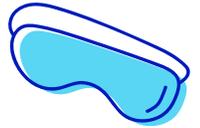


Choose **ONE** new habit to add to your sleep routine each day!

- **Get some energy out.** 1-2 hours of physical activity can make falling asleep easier.
- **Avoid daytime napping!** Napping will alter the natural sleep cycle.
- **No sugar or caffeine after dinner.** Both are stimulants and can make it difficult to fall asleep. Caffeine can stay in the body for twelve hours.
- **Keep a schedule.** Among the easiest ways to get sleep is to make your schedule consistent – even on the weekends!
- **Relax.** Before sleep, participate in a relaxing activity together. Read, pray, or sing, then turn off the lights and say goodnight.
- **Tech-Free Zone!** Keep phones and computers out of the bedroom. Set up a charging station in the living room.
- **Turn it off.** Turn all devices off an hour before you get in bed.
- **Alarm clock.** Invest in an alarm clock with soothing sounds. This helps remove the phone from the bedroom and allows for a nice wake-up.
- **Shut the door.** Closing the door can help reduce noise disturbances.
- **Cover your ears.** Sleeping with earmuffs or plugs help muffle noises that might disrupt sleep.



- **White noise.** If noise is still an issue, get a device that can create soothing sounds.
- **Turn your clock.** toward the wall. You won't check the time all night long.
- **Try a sleep mask.** Use a lightweight, comfortable sleep mask to prevent light entry.
- **Use blackout shades.** This will keep light out and help you stay asleep.
- **Morning light.** Open your shades, and turn on your light. Your brain associates light with 'wakeful time.'



Having trouble sleeping?

There are many reasons you might be having trouble sleeping. Incorporating Healthy Sleep Habits can be a big help. Try a relaxing breathing exercise like 4-7-8 to settle your mind, and help you fall asleep.

If you are still having problems falling asleep or staying asleep, you should talk with your parents and/or general practitioner. This can be a symptom of something else like depression, insomnia, anxiety, or other disorders.

Section 4: Screen & Sleep

Many studies show that screen time is a deterrent for sleep which can have detrimental effects.

For our own health, we should be sure to say goodnight to all of our devices (phones, tablets, computers) at least an hour before bedtime. This allows our body to wind down for the night and can lead to better sleep.

Instead of being on your devices, you can take this time to spend quality time with our family or on our enjoying some time of your own.



Excessive and night-use of screens can cause sleep problems. This is because the light of the screen tricks our bodies into thinking that it is still daytime and subsequently makes our bodies produce hormones that are meant to keep us awake, even if we want to be asleep.

Here are some things you can do before bedtime:

- **Play a board or card game.** This is great for family bonding time.
- **Read a book.** Whether it be for fun or for school, this is a great way to wind your mind down for bed.
- **Drink a cup of tea.** Teas like chamomile can help your body wind down and relax.
- **Chat with your family.** Ask your siblings or parents how their day was and share about yours. Sharing can help lift everyone's moods.
- **Take a warm bath.** Spending some time soaking in the tub can help your muscles relax. Be sure to check with your family members that they won't need the bathroom during that time!



- **4-5-8 Breathing.** This exercise can help calm your mind. 4 count in, 5 count hold, 8 count release. Repeat.
- **Write in a journal.** Write imaginative stories, frustrations, or self-reflections. Writing how you feel can make you feel better.
- **Do a craft.** Whether it be knitting, painting, or drawing, the possibilities are endless.
- **Listen to something soothing.** Enjoy a few moments of calming music or relaxing talk-shows/podcasts. Just make sure to turn off the tunes before crawling in for the night.



Section 5: Screen & Tech

Although technology offers numerous advantages, too much screen time can have negative effects on behavior, brain development, and much more. It is easy to become addicted, and even develop “Screen Dependency Disorder.” Setting rules and limited screen time can help prevent this.

Set Rules

- No cells at meals
- No cells in bedrooms (especially at night)
- No cells in bathrooms
- No cells until homework is done
- No cells in cars
- No social media until of age 13+



SOCIAL MEDIA:

- **Private accounts only** – for when your child is ready for social media, check to see if the platform has private accounts (where people can only see content if they are friends). That way they can learn how to navigate on the internet and participate with their friends while still having restrictions from possible threats.
- **No digital negativity** – express criticism face-to-face, or on a phone call. The screen can sometimes reveal some nasty things that we don't really mean to say, keeping any criticisms away from the screen can help make it constructive instead of destructive.



Is your child screen dependant?

- Is your child spending more time online/digital device than they realize
- Is your child mindlessly, regularly passing time on the internet/screen? Even if there are more productive things to do? Do they tend to lose track of time?
- Is your child spending more time with virtual friends than IRL friends?
- Has the amount of time on screen/internet increased?
- Do you want them to be less digitally connected?
- Does your child sleep with a phone under their pillow/next to bed?
- Is your child texting/tweeting/etc all the time even when it interrupts other things?
- Do you limit access?
- Do you think tech use decreases student academic performance and reduces IRL socialization (friends/family) and physical activity?
- Is your child uncomfortable when they have no access to the internet/device?
- Is your child uncomfortable without a phone? Do they always have their phone?
- Are you reluctant to limit or remove their usage? If you do, do they have strong reactions?