

Sleep and School

Sleep is critical to students' functioning at school.

Schedules are hectic and days are long. Some of our students are already experiencing insomnia! Stress happens! We get it!

Some information to be aware of...

Insufficient sleep in children has been associated with

- higher rates of aggression
- depressive symptoms
- externalizing behavior problems
- lower ratings of self-esteem
- emotional/mental health

(Fredriksen, Rhodes, Reddy, & Way, 2004; Gregory, Van der Ende, Willis, & Verhulst, 2008; Roberts, Roberts, & Duong, 2008; Stein, Mendelsohn, Obermeyer, Amromin, & Benca, 2001).

*Additionally, lack of sleep can negatively affect interpersonal relationships. (Roberts et al., 2008).



Table 2: Recommended Sleep Duration

AGE GROUP	YEARS	RECOMMENDED TOTAL SLEEP
Infants	3 to 12 months	14 to 15 hours
Toddlers	1 to 3 years	12 to 14 hours
Preschoolers	3 to 5 years	11 to 13 hours
School-age	6 to 12 years	10 to 11 hours
Adolescents	12 to 18 years	8.5 to 9.5 hours

THIS! 😊



NOT THIS (Zzzz)



THANK YOU FOR BEING YOUR CHILD'S TEAM SUPPORTER! WE'RE GOING TO HAVE A GREAT YEAR!