






The Nurse's Corner

SLEEP

How much sleep should school age children receive?

 Preschool 3-5 years	10-13 hours
 School age 6-12 years	9-12 hours
 Teenager 13-17 years	8-10 hours

According to Johns Hopkins pediatrician Michael Crocetti, M.D., M.P.H., teens need 9 to 9 1/2 hours of sleep per night...(that's an hour or so more than they needed at age 10!)

WHY?

- “Teenagers are going through a second developmental stage of cognitive maturation,” explains Crocetti.
- Additional sleep supports their developing brain, as well as physical growth spurts.
- It also helps protect them from serious consequences like depression or drug use.

What to consider about sleep

- **Quality Matters:** While duration is crucial, sleep should be uninterrupted and restorative.
- **Individual Needs:** Some individuals may function better on slightly more or less sleep than the average recommendation.
- **Signs of Insufficient Sleep:** Irritability, daytime fatigue, difficulty concentrating, and behavior changes suggest a need for more sleep.
- **Age Changes:** As people age, sleep tends to become lighter and more fragmented.

Ways to improve sleep

1. **Have a wind down time.**
 - No electronics 1 hour before bed.
 - Dim lights
 - Quiet games or reading(non electronic) before bed.
2. **If you share a room, have the same bedtime.**
3. **If you share a bed, have separate blankets.**
4. **Have the room quiet, cool, and dark.**
5. **Go to bed and wake up at the same time, even on weekends.**

If you have any questions, please contact the school nurses:

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