

Promoting healthy sleep is as easy as 1, 2, 3



1

Celebrate healthy sleep

- **Talk about the importance** of sleep like you talk about other good habits, such as brushing your teeth and wearing your seat belt.
- **Model good sleep habits.**
- **Connect sleep to what your child loves**, like sports or making new friends.

2

Promote healthy sleep habits

- **Set a regular bedtime and wake time** to regulate your child's internal clock.
- **Create a calming wind-down routine.**
- **Manage light exposure.** Encourage your child to get out in the sunlight early in the day and dim lights in the evening. Avoid light from phones and other screens the hour before bed.

3

Know when to ask for help

- **Know the signs of poor sleep.** Nighttime red flags can include difficulty falling or staying asleep, nightmares, disrupted breathing and walking, talking or urinating while sleeping. During the day, your child might be tired, moody, have trouble focusing or perform worse in school.
- **Talk to your child's doctor if you're concerned about your child's sleep.** There may be underlying health issues that need to be addressed.
- **Do a sleep check.** Wake Up and Learn offers free online screeners that give you real-time feedback on your child's sleep. Get started today by scanning this QR code or talk to your child's school counselor.



**Visit the Wake Up and Learn online
screeners to get started!**

Scan this code with your mobile
device to visit the screeners.

The ABC's of healthy sleep



A

Attention and learning

Healthy sleep promotes learning and academic success by:

- Improving attention and focus during lessons
- Reducing impulsivity
- Helping kids remember what they learn

B

Behavior and mood

Healthy sleep promotes better emotional control and relationships:

- Promotes mood stability, reduced irritability and fewer tantrums
- Improved classroom interactions
- More likely to engage and cooperate with others in class

C

Coordination, strength and speed

Healthy sleep contributes to improved athletic performance by:

- Reducing the likelihood of injury and shortening recovery time
- Increasing overall energy levels throughout the day



Check out the Wake Up and Learn video library to learn more!

Scan this code to visit the library.