

Counselling Connection

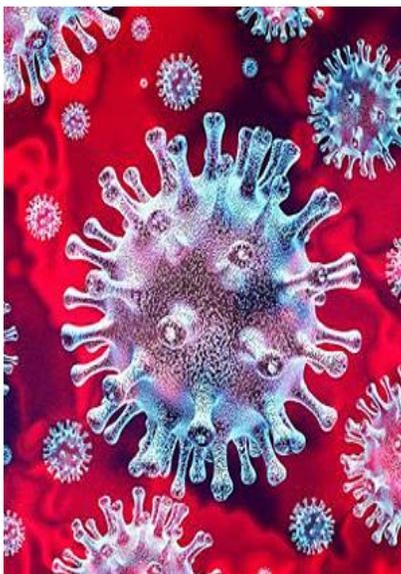
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The Importance of Sleep

The Fuel We Need to Function

Sleep is essential for healthy human functioning. It is natural for stress to influence sleep patterns of people. You might have found that members of your family have had changes in their sleep patterns over the past few months. Some of the underlying causes contributing to sleep disturbance may include: changes in routine, increased worry about COVID-19, altered family dynamics, lack of daily structured schedules, decreased human interactions, and increased engagement in technology. Lack of sleep can impact human performance and health in many ways.



Things you should know about...

GETTING GOOD SLEEP DURING THE COVID-19 PANDEMIC

- Stressful situations and worrying can impair sleep
- Poor sleep can negatively affect mood and daytime functioning when awake
- Good sleep quality and quantity is important for the immune system
- It's important to maintain good sleep habits throughout uncertain times

Click [here](#) for more information about the influence of TV and Video Games on sleep.

Check out this site for more information about COVID and sleep:

<https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

HOW MUCH SLEEP DO YOU NEED?

INFANTS:

UP TO 16 HOURS, INCLUDING NAPS



TODDLERS (1-3 YEARS OLD):

12-14 HOURS, INCLUDING NAPS



PRESCHOOL (3-5 YEARS OLD):

11-13 HOURS



SCHOOL AGE (6-12 YEARS OLD):

10-11 HOURS



TEENS:

8.5 HOURS TO 9.5 HOURS



ADULTS:

7-9 HOURS



*ACCORDING TO THE NATIONAL SLEEP FOUNDATION

Positive Sleep Practices

- Keep bedroom dark, comfortable, and cool
- Avoid using bed for activities other than sleeping
- Engage in relaxing activities prior to sleep (meditating, reading, journaling, warm bath)
- Set regular rest and wake times
- Avoid intake of caffeine and sugary foods late in the day
- Maintain dim lighting while sleeping
- Block out distracting noises
- Keep bedroom device free
- Refrain from gaming, watching TV at least an hour before bed
- Avoid engagement in social media prior to sleep
- Parents can model positive self-talk statements ("I am relaxed")
- Spend time connecting with child before bed (cuddling, talking about calming memories, sharing what is on child's mind)

Benefits of Sleep

How This Can Help Learning

Lack of sleep can impact human performance and health in many ways. Research has shown that those who get their shut eye are more likely to experience improved:

- Memory
- Articulation
- Focus
- Reasoning skills
- Ability to learn
- Heart health
- Vision
- Anxiety symptoms
- Overall Mood
- Eating Habits
- Immune Systems
- Skin Appearance
- Chronic pain symptoms
- Communication skills
- Emotional regulation
- Cell/muscle repair
- Blood pressure
- Headache symptoms

Use the Tools You Have!

There are numerous free apps and videos that can help people experience sleep success. Try using the following search terms to locate some resources that might help:

- Sleep Stories
- Guided Meditation for Children/Teens
- Belly Breathing
- Strategies to Cope with Nightmares
- Muscle Relaxation
- Relaxing Sleep Music
- Sleep Visualization
- Talking to Children about Bad Dreams

#SLEEPRECHARGESYOU



Sleep is an important part of being happy, healthy and successful.

The American Academy of Sleep Medicine recommends **8-10 hours** of sleep per night for **13-18 year olds**.



LOOK BETTER

Sufficient sleep recharges your health, helping you to look your best and maintain a healthy weight.

PERFORM BEST

Sleep recharges your energy for peak performance in sports, making you faster, stronger and more accurate.

FEEL GREAT

Healthy sleep recharges your mood, enabling you to feel your best and have a more optimistic attitude toward life.

LEARN MORE

Sleep recharges your brain, helping you excel in the classroom by maximizing your attention, memory and learning ability.

HAVE FUN

Sleep recharges your fun, enabling you to enjoy life while making better decisions and staying safe.