

Back to Wellness

As we are heading into the back to school season, it is important to leave summer habits and start introducing important school habits. One of the most important habits to keep for the school year is creating better sleeping habits. Here we will give you some insights into the importance of sleep and how we can help create good habits for it this upcoming school year.

Importance of sleep and academics

Sleep is crucial for a student's health and wellbeing, as it impacts focus, concentration, and academic performance. Insufficient sleep can lead to decreased cognitive function, poorer performance, and increased risk of health issues. It impairs brain growth, increases decision-making risk, and worsens ADHD symptoms. It is an obstacle to their academic success. To help children get the necessary sleep, consider the following tips:

- ***Limit screen time:*** Controlling screen time, especially at night, is important for a child's sleep. Reducing background noise, removing TVs and laptops, limiting TV time during meals and schoolwork, and limiting eating while watching can help kids reduce screen time. Encourage alternative pastimes like walking, board games, and puzzles. Limiting screen time to two hours daily can be a positive habit. It is encouraged for family members to be a good role model by limiting screen time and screen-related activities.
- ***Establish a consistent sleep schedule:*** For a child's mental health, getting the required amount of sleep is vitally important. Kids need a certain amount of sleep therefore making sure they have a scheduled bedtime and follow it is important for them to create this habit for consistent sleep. Making sure they are sleeping and waking up at the same time each day is a method establish a consistent sleep schedule.
- ***Create a conducive environment for sleep:*** This includes turning lights down 15-20 minutes before bedtime, using blackout curtains to reduce light exposure, lowering or increasing temperature and listening to soothing music for relaxation. These tips will help induce a relaxed environment conducive for kids to fall asleep.
- ***Encourage regular exercise and sleep-related activities:*** Promoting healthy practices, such as balanced meals with healthy foods, outdoor activities, and limited screen time can encourage sleep. Schedule daily exercise opportunities, such as team sports, family activities, active games, or walking which help kids sleep better. Telling bedtime stories helps parents and kids, especially kindergarten-aged toddlers, unwind emotions and energy that was experienced throughout the day.

Conclusion

These suggestions raise awareness to the value of sleep for kids' academic achievement and general health. It is important for kids to get the required amount of sleep to be able to perform and give their full potential in their academics. We hope you consider these tips as the summer winds down. We wish everyone an amazing 2023-2024 school year!

[Screen time and children: MedlinePlus Medical Encyclopedia](#)

[Teens and Screens: Behind the Screen Pressures - Living Skills in the Schools](#)

[Sleep and Health | Healthy Schools | CDC](#)

[Can School Performance Be Improved With Good Sleep? | Sleep Foundation](#)