

OHANA NEWS

Dearest Families,

Sleep has become a casualty of modern life. Biology, technology, homework, over-scheduling, and early school start times all contribute to chronic sleep deprivation. Many of us, especially children, are excessively sleepy and just don't feel well rested in the morning. Many times, we adults deprive ourselves of sleep or make choices that cause us to get less rest. However, it is our duty to help our children adopt healthy sleep habits. Sleep deprivation can lead to serious health issues in children, such as anxiety and depression, obesity, diabetes, immunity problems, and/or ADHD. In addition, lack of sleep puts kids, especially teenagers, into a kind of perpetual haze. This can negatively effect their mood, ability to think, react, regulate their emotions, learn, and get along with others. Because their bodies are growing, children need more sleep than adults. Here are some helpful guidelines from the American Academy of Sleep Medicine regarding just how much sleep children need at different stages. These numbers reflect total sleep in a 24-hour period.

Infants: 12 to 16 hours (including naps)

Toddlers: 11 to 14 hours (including naps)

Preschoolers: 10 to 13 hours (including naps)

Elementary School Children: 9 to 12 hours

Teenagers: 8 to 10 hours

It is important for families to develop good sleep habits together, making sufficient sleep a priority. For more information, questions, or healthy sleep tips, please feel free to contact me. May this month be restful.

Kind Regards,

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