



SLEEP

The benefits of good sleep habits

Sleep is important for everyone, especially for growing children and young people. Growth hormone is secreted during sleep, therefore sleep is important for normal growth. A rested child becomes more attentive, concentrated, calm and thus is better able to focus, solve problems and learn in school. The child generally feels and performs better. The ability to manage their mood and regulate their emotions improves. Stress resistance increases. The conditions for feeling good and being happy increase.

Getting enough sleep facilitates the body's regulation of certain substances in the body, regulation of hunger and fullness, which is positive for the immune system and provides resistance to certain diseases. Sleep provides recovery for the body and the brain. Children's brains develop a lot, which makes resting even more important and the need for sleep greater than in adults.

How much should my child sleep?

The need for sleep can have individual variations. For children of preschool age, twelve to thirteen hours per night are recommended. From six to twelve years the need is ten to eleven hours per night and from twelve years and upwards, eight to ten hours per night. Some may have a greater need for sleep during puberty. Development and growth require a lot of recoveries. Your child/teen may need your support to get enough sleep.

Tips for better sleep and sleep habits

- Be outdoors for a while every day in daylight.
- Be physically active during the day.
- Avoid too large meals too close to bedtime.
- Avoid invigorating drinks such as coffee, cola and energy drinks.
- Try to have a specific evening routine.
- Let your eyes rest from screen light for about an hour before bedtime.
- The bed should be a place associated with sleep – a place to sleep and nothing else.
- The room should be cool, dark and quiet.
- Put the phone in a room other than the bedroom, otherwise it easily becomes a subconscious stress factor.
- Have as many regular habits as possible.

Want to know more or get help?

Students who experience sleep problems can get help from the school nurse.

Read more on www.unglivsstil.se

Read about children's sleep at different ages on www.1177.se.

Read about sleep and sleep disorders for teens on www.umo.se