

Student Services Newsletter

November 2022

The Importance of Sleep

As mentioned in our Principal's message last week, we are witnessing more and more late students in the morning. In addition to this we are noticing students looking tired and yawning while at school.

According to CBC News:

Lack of sleep is an issue affecting more and more teens, said Dr. Rachel Morehouse, medical director of the Atlantic Sleep Centre at Saint John Regional Hospital in New Brunswick. "It just seems like it's getting worse," she told CBC News. Dr. Morehouse says she believes the problem of teens getting insufficient sleep is even worse than a recent study suggests. Staff at her clinic often hear about teens using smartphones at night. "They're putting it under their bed and they're responding to texts and emails and so on as they come in," she said. "So that's just another disruptor of sleep in adolescence." She estimates fewer than one-quarter of teens get the eight to nine hours of sleep a night they need. "It is truly an epidemic, I think."

What can you do to help your child?

"Sleep is absolutely integral to physical growth as well as cognitive and emotional development," says Dr. Hilary Myron, a pediatric sleep specialist at the Children's Hospital of Eastern Ontario in Ottawa. "It's absolutely critical."

For people of all ages, the right amount of sleep improves attention, behaviour, memory, and overall mental and physical health. Failing to get enough sleep has dire consequences: it is associated with an increase in injuries, hypertension, obesity and depression.

So, what can parents do to avoid sleep-deprived and cranky children? **"It's having a consistent sleep routine, seven days a week, with a consistent sleep time and wake time,"** Myron told CBC News. **"And removing screens from their children's bedroom."** That means, no iPads, iPhones or TV. If parents are worried their kids are getting too little or too much sleep, Myron says they should consult their doctor.

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



But... **1 in 4** children are **NOT** getting enough sleep.



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



Let's talk about **sleep quality**, shall we?

1 in 3 children have trouble going to sleep or staying asleep.

1 in 5 children have difficulty staying awake during waking hours.

1 in 10 children do not find their sleep refreshing.



Over time, **insufficient sleep** impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report³:



Catching more **Zzz's** can help with children's:

- Physical health,
- Emotional well-being, and
- Quality of life!



* Compared with children getting the recommended amount of night time sleep.

¹ Tremblay, M.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S311-S327, <https://doi.org/10.1139/apnm-2016-0151>

² Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S294-S302, <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

> **SEARCH** Physical activity, sedentary behaviour and sleep

> **GET DATA** PASS Indicator Framework

> **OR VISIT** 24-Hr Movement Guidelines

