



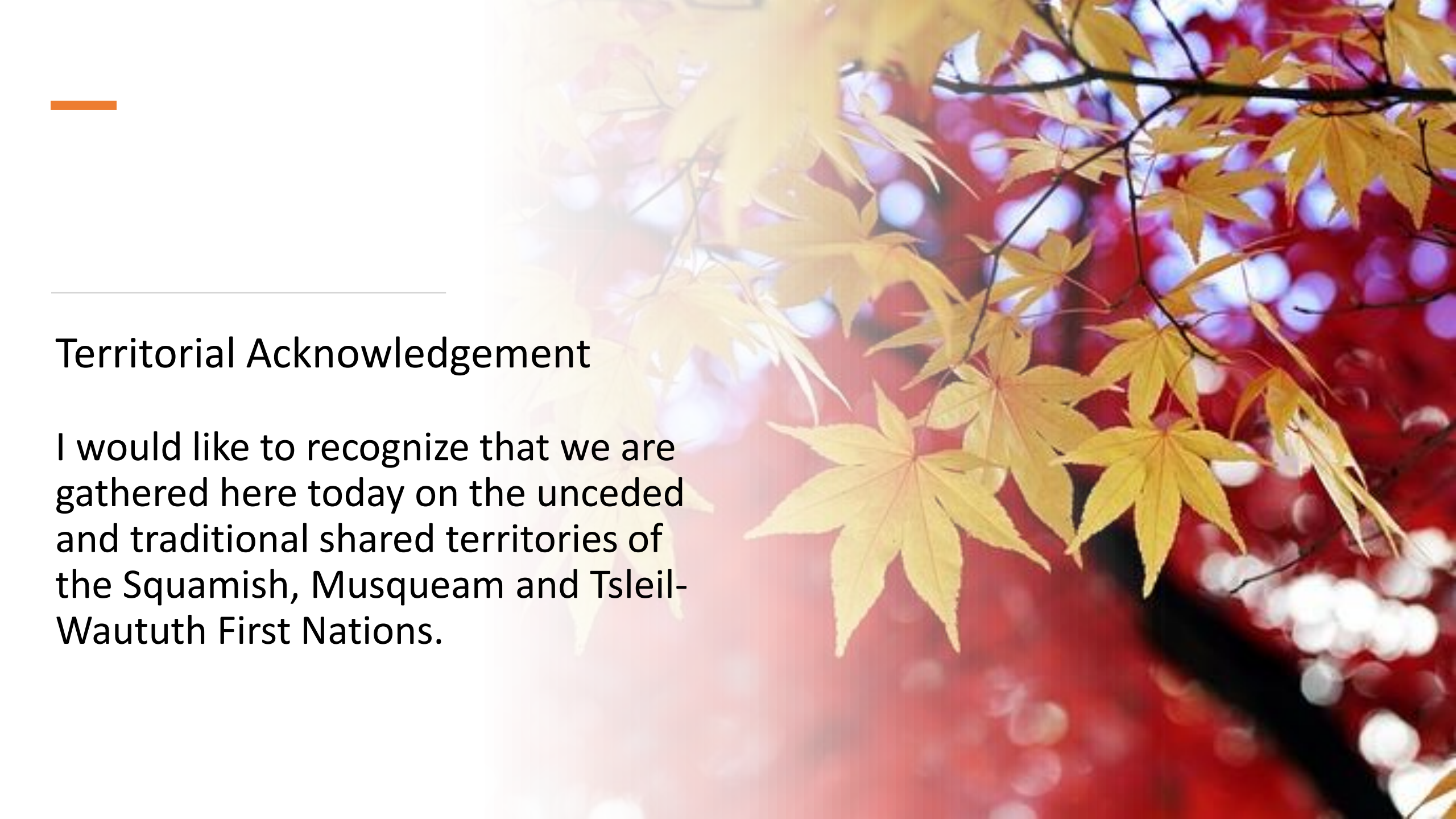
Sleep hygiene

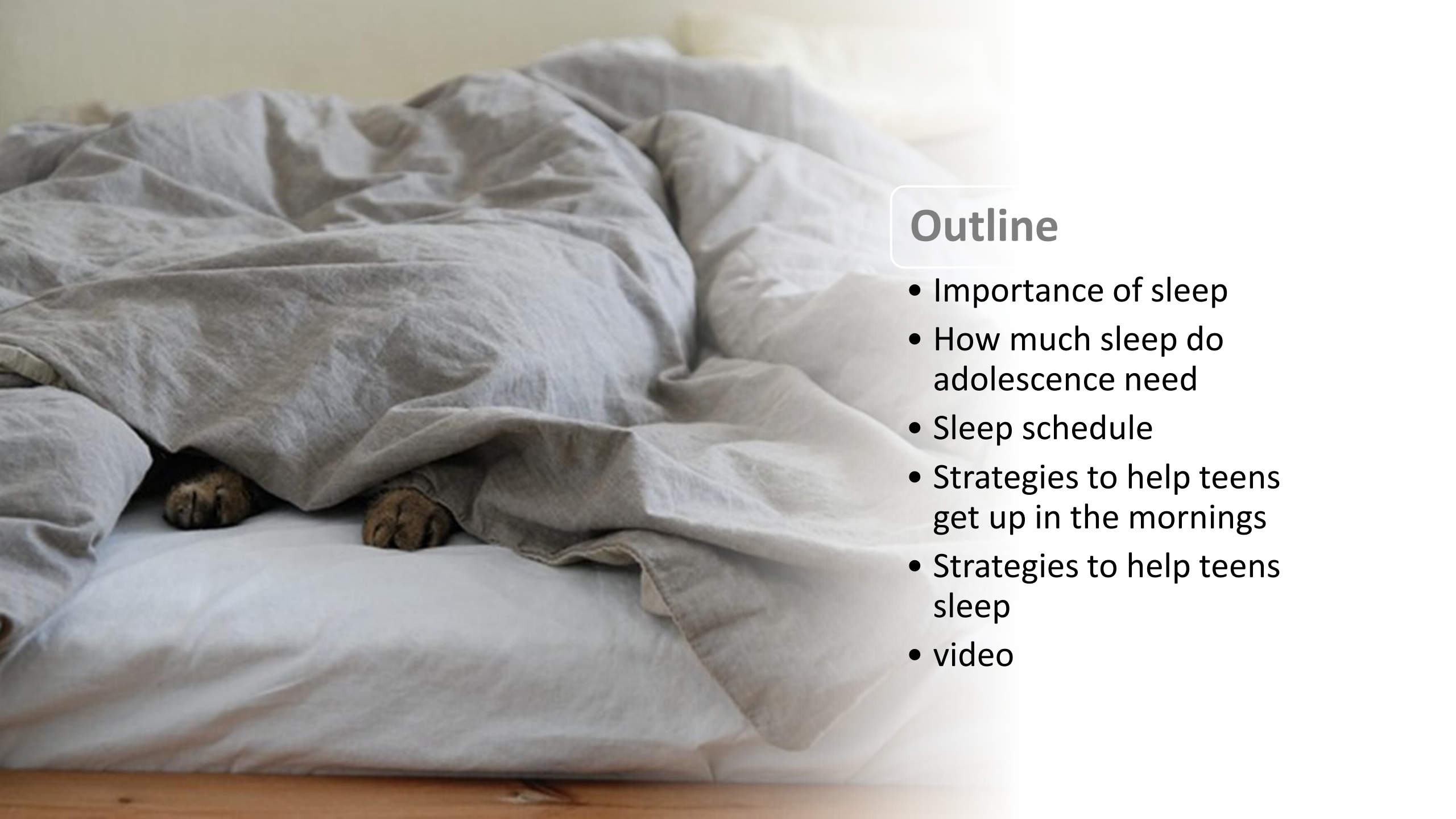
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Healthy Schools nurse



Territorial Acknowledgement

I would like to recognize that we are gathered here today on the unceded and traditional shared territories of the Squamish, Musqueam and Tsleil-Waututh First Nations.

The background of the slide features a close-up photograph of autumn leaves. The leaves are primarily yellow and orange, with some red leaves visible in the background. The lighting is soft, creating a warm and natural atmosphere.



Outline

- Importance of sleep
- How much sleep do adolescence need
- Sleep schedule
- Strategies to help teens get up in the mornings
- Strategies to help teens sleep
- video

A teal ceramic mug sits on a white surface, possibly a table or desk. The background is softly blurred, showing a bed with white linens and a window with light coming through. The overall mood is calm and serene.

Why is sleep important?

- is an essential function
- helps the body remain healthy
- feel more energized

Source: [Sleeping Well | Kelty Mental Health](#)

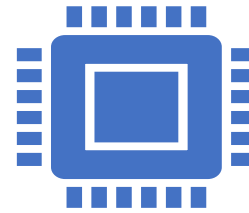
During sleep, your brain has time to:



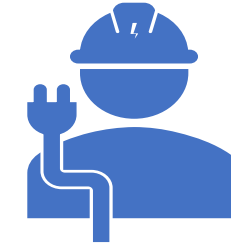
Grow and
repair
cells.



Form new
pathways for
learning,
remembering



and processing
information.



Rebuild
your energy
for the next
day.

If you don't get enough sleep:

- You may be more sensitive to pain
- Your risk of disease may increase
- Your immune system may be weakened
- Your mood might change
- You may have trouble with thinking (learning, problem solving, remembering things)

Source: <https://myhealth.alberta.ca>



Why it is important for teens to get enough sleep?

- Bodies and minds are growing
- Struggle in school
- Have trouble with memory, concentration and motivation
- Be involved in car crashes
- Feel depressed



Source: [Teens and sleep: Why you need it and how to get enough | Caring for kids \(cps.ca\)](#)

Why do teens have a hard time getting to sleep?

- delayed sleep schedule
- school assignments, exams etc.
- work obligations
- social life
- organized activities
- stress
- electronic devices
- mental health conditions



GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:

SWEAT

Moderate to vigorous physical activity

- ★ An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

Light physical activity

- ★ Several hours of a variety of structured and unstructured light physical activities;

SLEEP

Sleep

- ★ Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SEDENTARY BEHAVIOUR

SEDENTARY BEHAVIOUR

- ★ No more than 2 hours per day of recreational screen time;

- ★ Limited sitting for extended periods.



Sleep Schedule

- Determine how many hours of sleep is recommended for their age.
- Start a conversation with your teen about their sleep.
- Keep a regular sleep schedule (bedtimes and wake times)

Gradually work towards desired bedtime

- Start slowly
- Ask them to go to bed 15 mins earlier
- Wake them earlier so they get tired earlier
- Plan ahead over summer and Christmas break



A young man with short dark hair is sleeping peacefully in a bed. He is wearing a blue t-shirt and is tucked under a blue blanket. The bed has blue sheets and a blue patterned blanket. The background shows a dark wooden headboard with horizontal slats. The overall lighting is soft and blue-toned.

For teens

- alarm clock across the room
- wake up with favourite music
- use daily routines to shape their sleep schedules
 - keep to a regular daytime schedule such as regular mealtime



Naps

- Try to get them not to nap
- Suggest other activities
- But if they must, limit naps to 20-30 mins
- Not to close to bedtime



Create a calm sleep environment

- Remove computers, video games and other gaming platforms from the room
- If possible, have the youth study or any writing outside the room
- Keep the bedroom a place to sleep
- Room sharing



Source: [Create a Calm Sleep Zone | Kelty Mental Health](#)

Before bedtime:

- avoid/limit caffeine, alcohol, vaping and smoking
- do relaxing activities before bed
- have a bedtime routine
- if hungry provide a light snack
- avoid drinking too much liquid before bedtime

Source: [Teens and sleep: Why you need it and how to get enough | Caring for kids \(cps.ca\)](#)



Stay Active

- Youth who are more active during the day, tend to fall asleep faster
- Find ways to stay active
- Avoid strenuous exercise too close to bedtime



Source: [Build a Bedtime Routine | Kelty Mental Health](#)



Manage screen time at bedtime

- Turn off screens 1-2 hrs before bedtime
- Power down the device early helps
- Lower the brightness on the phones
- Use a blue light filter

Source: [Build a Bedtime Routine | Kelty Mental Health](#)

D **VS**



**BETTER MOOD
LESS STRESS
MORE ENERGY**



Resources:

[Canadian 24 hour Movement Guidelines](#)

[Caring for Kids - Canadian Pediatric Society](#)

[Mind: Screen Time - Canada.ca](#)

[Healthy Sleep for Children – Fraserhealth](#)

[Live5210 - Live 5-2-1-0 Sleep Infographic](#)

[Screen time for children - Fraser Health Authority](#)

[Sleeping Well | Kelty Mental Health](#)

[Sleep and Your Health \(alberta.ca\)](#)

Questions?

