

Sleep Awareness

History of Sleep Awareness

It's a well-known fact that your sleep schedule is directly related to your overall mental- and physical health.

According to the National Sleep Foundation, 45% of Americans say that poor or insufficient sleep affected their daily activities at least once in the past seven days. The goal is to celebrate the benefits of good and healthy sleep and to draw attention to the burden of sleep problems and promote the prevention and management of sleep disorders.

Why is Sleep Important

→ It keeps our heart healthy

- ◆ Lack of sleep has been associated with worsening of blood pressure and cholesterol, which are risk factors for heart disease and stroke.

→ It reduces Stress

- ◆ When your body is sleep deficient, it goes into a state of stress. The body's functions are put on high alert, which causes high blood pressure and the production of stress hormones.

→ It helps you lose weight

- ◆ The hormones ghrelin and leptin, which regulate appetite, have been found to be disrupted by lack of sleep. If you want to maintain or lose weight, don't forget that getting adequate sleep on a regular basis is a huge part of the equation.

How to observe sleep awareness week

- Spread the word
 - ◆ Participate in sleep awareness by spreading awareness on social media, using quotes or re-posting information about how important sleep is, encourage learners to do the same.
- Get Some rest
 - ◆ Put aside some time to treat yourself to some naps or extra sleep when you can. If you have difficulty falling asleep, creating a routine , workout maybe, meditate or do something that will calm you down or relax you.
- Practice healthy sleeping habits
 - ◆ There are many ways you can get yourself sleeping better, from regularly changing your sheets, to preparing food in order to go to bed sooner.

How we encourage learners to get proper rest

Lots of learner rely on music to calm them down

Introduce learners to the calm app or listening to youtube music sleepy time music.

Teaching learners about self care routines:

- After showering and bathing utilizing music while preparing for bed.
- Using candles if they are old enough or air mister, shutting lights down low or reading a book.
- Guided meditation or guided imagery stories.

Posters and flyers/Resources

- [This website includes quizzes to test children's knowledge and games to make learning about sleep fun. It is our hope that SleepforKids.org will provide information about sleep to school-age children which can set the stage for a lifetime of good sleep habits, and contribute to the prevention of life-long sleep problems.](#)
- [What Sleep Is and Why All Kids Need It \(for Kids\) - Nemours KidsHealth](#)
- [Pajama Program](#)

