

Healthy Sleep for Healthy Kids

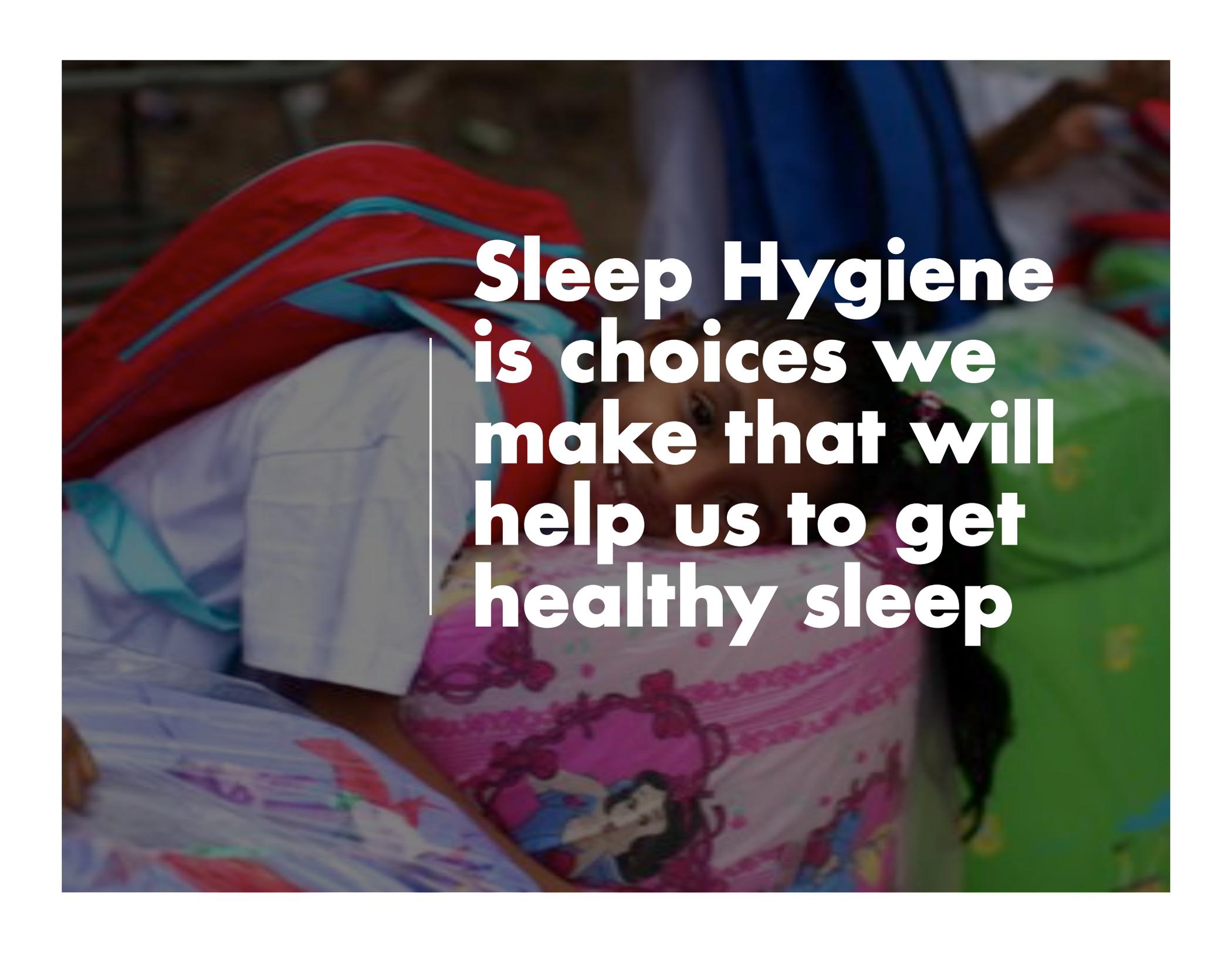
A joint project by:

Dr. Reut Gruber
*Canadian Sleep
Society*

&

**Debbie Will-
Dryden**

*Sleeping Children
Around the World*

A photograph of a child sleeping peacefully in a bed. The child is wearing a white long-sleeved shirt and is tucked under a vibrant red blanket with blue and white stripes. The bed is covered with a pink and white patterned sheet featuring a cartoon character. The background is softly blurred, showing a blue curtain and a green wall. The overall scene is warm and cozy, representing a healthy sleep environment.

**Sleep Hygiene
is choices we
make that will
help us to get
healthy sleep**

Why is sleep hygiene important to know?

Knowing what could help us sleep better and what could make it more difficult for us allows us to choose what to do and what to avoid in order to get the best and the right amount of sleep at the right time



**Habits that
make sure we
fall asleep
and wake up
at the right
time for us:**



**Go to bed
at the
same time
every
night**



Wake up at the same time every morning





**Exercise in the
early part of the
day**



**Relaxation or relaxing
activities before bedtime**

**Keep
cool**



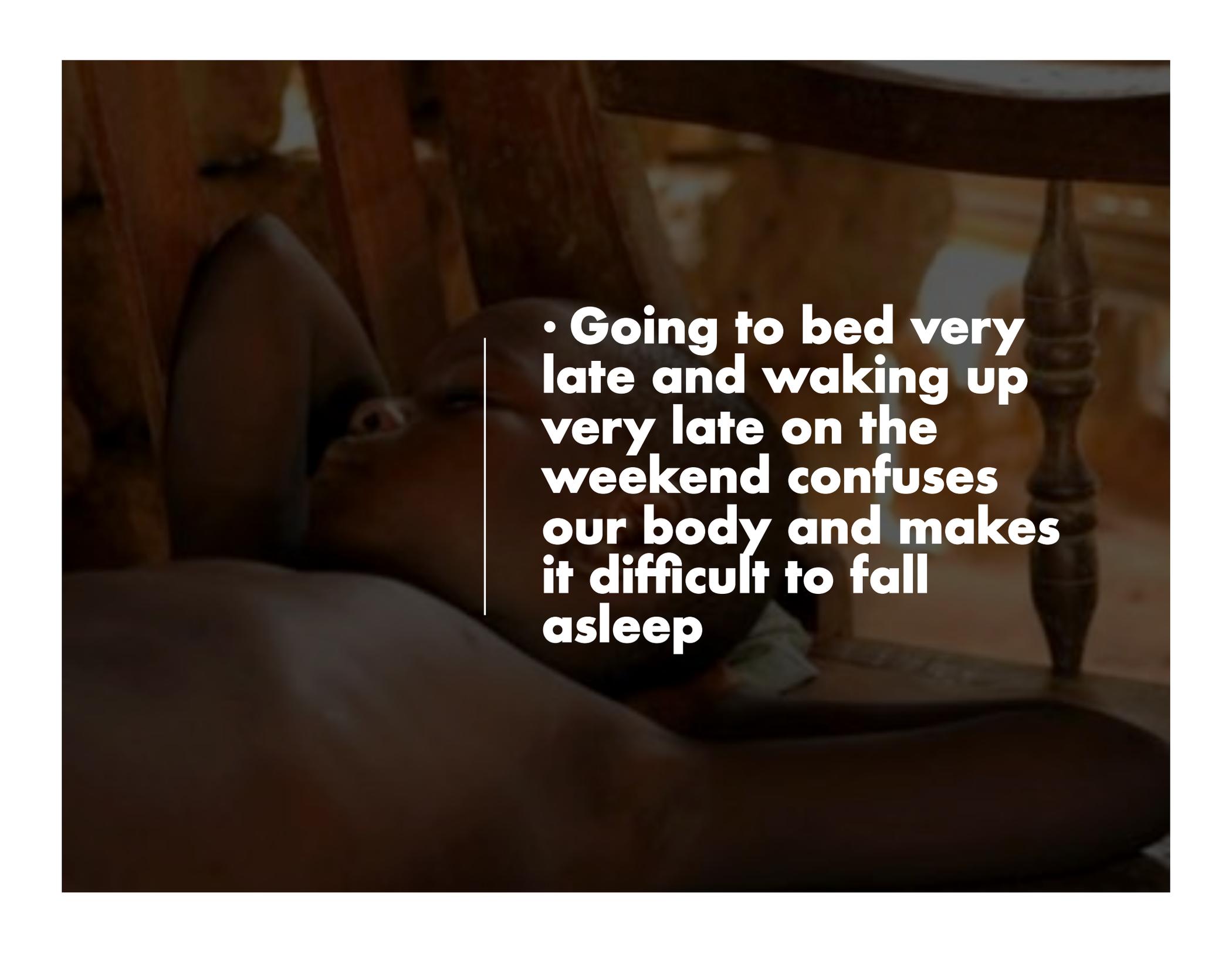


- **Only get in bed when tired or sleepy**
- **Get out of bed if unable to sleep for 20 minutes**

Habits that make it difficult for us to get good sleep at the right time for us:

- **Going to bed and waking up at different times every night or almost every night**



A person is lying in bed, partially covered by a grey blanket. The room is dimly lit, with a wooden bed frame and a nightstand visible in the background. The text is overlaid on the right side of the image.

• **Going to bed very late and waking up very late on the weekend confuses our body and makes it difficult to fall asleep**



**Taking long naps in the afternoon/
evening makes it difficult to fall asleep**

**Exercising near
bedtime will
also make it
difficult to fall
asleep**



Additional things that will make it difficult to fall asleep:

- **Having an argument or intense discussion before bed**
- **Using electronics in bed, watching tv right before bed**



Do not drink tea, cola, coffee, energy drinks in the evening

Tea, cola, coffee and energy drinks contain caffeine. Caffeine is a stimulant - it wakes you up and can make it more difficult to fall asleep if consumed close to bedtime





**World Sleep
Day
March 16, 2018**

Contact:

Dr. Reut Gruber

**Sleeping
Children Around
the World**

www.scaw.org

Canadian Sleep
Society



Société Canadienne
du Sommeil



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