RESETTING SLEEP HABITS FOR BACK TO SCHOOL

THE WHY

To ensure children's well-being, focus, and energy in a school day, it's crucial to address the negative consequences of insufficient or disrupted sleep. As the school year begins, establishing consistent sleep routines and limiting technology exposure before bedtime can promote a more optimal rest and recovery during the transition from summer to fall. By prioritizing sleep hygiene and habits, we can create a healthier and more conducive learning environment for our students.

WHAT THE RESEARCH SUGGESTS

- Blue light from devices can disrupt the natural sleep cycle process by reducing and delaying melatonin production and release which aids in sleep activation.
- Device-related information can trigger brain arousal and awareness, hindering natural sleep patterns in the brain from occurring.
- Insufficient sleep patterns in adolescents can lead to impede brain development in areas like the basal ganglia and temporal lobe, resulting in increase chances of potential mental health obstacles, behavior challenges, and cognitive functioning.

SET AND MAINTAIN HEALTHY HABITS

- Consider placing devices in a neutral and consistent charging station away from the bedroom.
- Discuss, negotiate, and establish a mutually agreeable bedtime for devices each evening.
- Provide alternatives to screen time for winding down before sleep, such as reading, journaling, board games, puzzles, or coloring.

ENGAGE IN CONVERSATIONS

Engage individuals in conversation to understand and accept the guidelines.

- How do you feel when you're tired?
- What can you do to feel less tired?
- Why do you think it's important to put the devices away early before you fall asleep?
- What can you do to get ready for bed and a good night's sleep?

Sources: Ruston, D. (2024, August 20). Resetting Sleep Habits for Back to School. Screenagers. (link)