

# Good Night, Great Days: How Sleep Fuels Your Child

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I rest inside a pause.



## Relationship with sleep

# What is sleep like in your house?

- Welcome soothing routine
- Nightly battle
- Bit of both
- Depends on the night




# Our kids aren't getting enough sleep

- **1 in 3** children have trouble **going to sleep** or **staying asleep**.
- **1 in 5** children have difficulty **staying awake** during waking hours.
- Up to **70% of teens** don't get enough sleep




Source: <https://www.canada.ca/en/public-health/services/publications/healthy-living>





# How much sleep do we need?

- Pre-school children, age 3-5, need 10-13 hrs (including naps)
  - **School age children, age 6-12, need 9-12 hrs**
  - Teens, age 13-18, need 8-10 hrs
  - Adults 18+, need 7-9 hrs
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# Recommended bedtimes

- **School-age children:** 8–9 PM
- **Teens:** 9–10 PM
- **Adults:** 10–11 PM
- **Preschoolers:** 7:30 PM
- **Toddlers:** 6:30–7:30 PM



Poorly rested  
and overtired  
children may

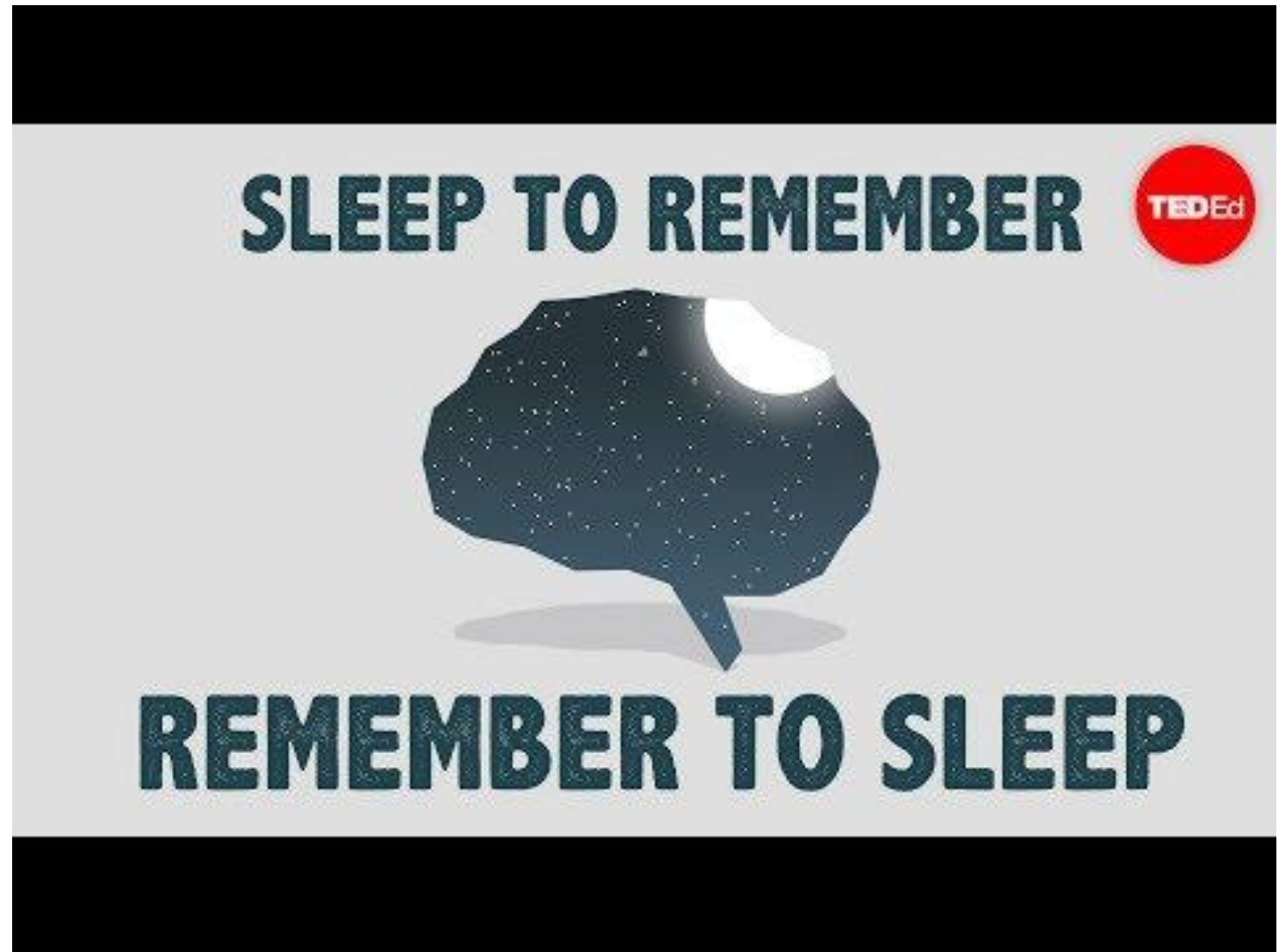
- Have difficulty falling and staying asleep
- Be cranky, bored and hard to manage
- Be inflexible
- Be hyperactive and have shorter attention spans



# Benefits of Sleep

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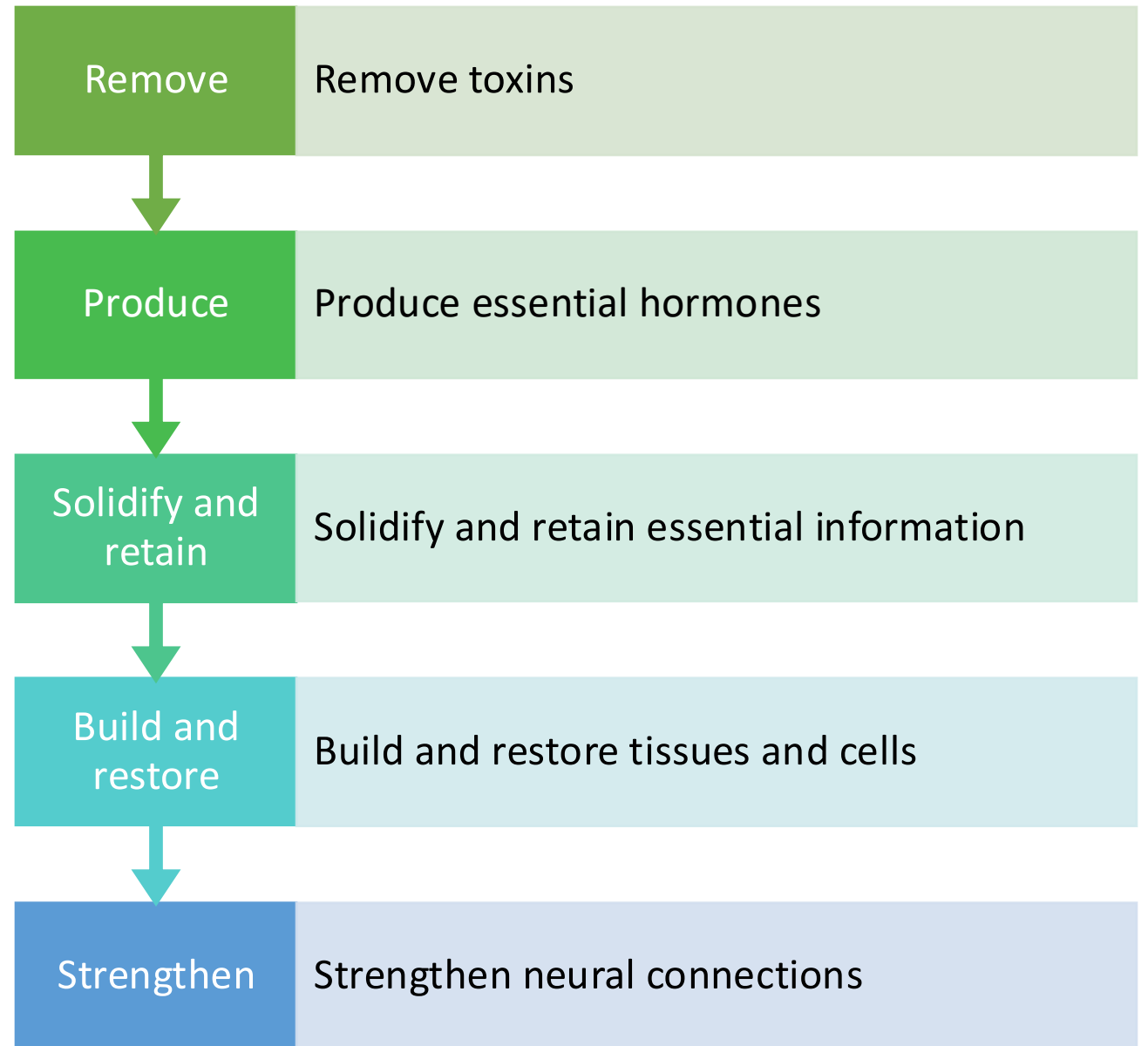
Main idea - Sleep reinforces the balance of growth, body metabolism, immunity, learning and memory, and mood







# Restorative powers of sleep





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## Sleep ensues

- Sleep is a biological need / the drive for sleep is something that is built up over the day.
- There is a difference between being tired and being sleepy.
- Unfortunately, poor sleep begets worse sleep.







# The Happy Sleep checklist


- ☐ Keep bedroom cool, dark and quiet
- ☐ Have a regular bedtime and wake up time (aim not to vary >1-2 hrs)
- ☐ Relaxing bedtime routine
- ☐ Engage in regular physical activity
- ☐ Regular meals, especially breakfast and light bedtime snack
- ☐ Get lots of bright light during the day



# What to avoid to promote good rest

- No screens at least 1-2 hrs. before bed
- Don't work or play in bed
- Don't overschedule, need time to unwind
- No vigorous exercise before bed
- Avoid drinks with caffeine





## When sleep gets tangled up with worry

- **Validate your child's feelings:** Address any worries or concerns your child may have about going to bed.
- **Spend time creating connection:** Take time to read a story and make your child feel safe in their bed. Consider using a weighted blanket or other soothing sensory items to create connection and help your child feel more relaxed and secure.
- **Talk about dreams and worries:** Dreams come from our thoughts and emotions, and studies have found that dreams can be changed by talking about them just before bedtime. Practicing relaxation techniques together like deep briefing or progressive muscle relaxation can be helpful.



# Supporting your child to sleep in own bed

Gradual Sleep Training Methods involve:

- Consistency
- Calm
- Reassurance not continued presence
- Gentle return

Eli Lebowitz, "The Game"

Link to Youtube video:

<https://www.youtube.com/watch?v=-9bTiuCNzus>





# Sleep and Screens

- Viewed by some pediatricians as the #1 enemy of a good sleep
- Brain needs 1 hr to settle
- Blue light from screens, especially at night can disrupt melatonin





## Separate bed and school-work

- Bed needs to be a place of rest
- Doing homework, socializing or just hanging out in bed, can be a risk factor for future insomnia
- If consistently not falling asleep for more than 20 min, get out of bed and do something quiet and boring



(be careful  
about  
sleeping in)





