

Nurses' Nook...A Good Night's Sleep

Kids need more sleep than adults due to their developing bodies and minds. The average school aged child needs 8-10 hours of sleep each night (depending on age) in order to grow and develop properly (Web MD). A student who is not getting enough sleep will typically have a shorter attention span, lack decision-making skills, be more lethargic and not do as well in school as they could if not so tired.

There are several factors that can interfere with children's ability to sleep but one of these is the blue light emitted by commonly used electronics: computers, cell phones, tablets, and televisions. This light can interrupt natural sleep/wake rhythms and interfere with natural melatonin production. (Melatonin is a hormone that promotes restful sleep.) Some experts suggest that shutting off screens an hour before bedtime will help with falling and staying asleep.

Here is a link to sleep tips for children of all ages from Boston Children's Hospital:

http://www.childrenshospital.org/~media/general-sleep-tips_owl.ashx?la=en

Please, if you have any questions feel free to call the nurse in your school.