

FOR IMMEDIATE RELEASE

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Is Your Child Getting Enough Sleep?

According to the CDC, six in ten middle schoolers and seven in ten high schoolers do not get enough sleep. Irritability and emotional outbursts are just one of the many indications that your child might not be getting enough sleep. Other things you might notice in a sleep deprived child are forgetfulness, hyperactivity, poor performance in school, and upset stomach.

Getting an adequate amount of sleep plays a key role in your child's mental and physical health. Sleep is critical in preventing type two diabetes, obesity, poor mental health, injuries, and behavior problems. Kids between the ages of six and twelve require nine to twelve hours of sleep each night and teenagers need between eight and ten hours.

Personally, I have found that busy schedules and electronic devices make it difficult for my own kids to get enough sleep. Some helpful strategies for helping your child get a restful night's sleep include removing electronic devices from bedrooms, setting bed and wake-up times at the same time each day, and avoiding caffeine and sugary drinks in the afternoon and evening. Another helpful tip is to create a regular bedtime routine that encourages your child to wind down. Bedtime routines provide your child with a sense of security and time to bond with you.

For more information on this topic check out sleepfoundation.org

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