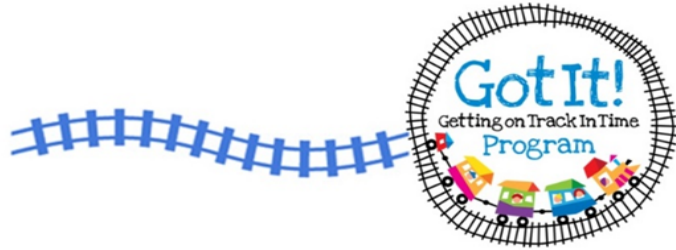


Got It!



The Importance of Sleep

Is your family struggling more than usual?

Getting enough sleep can be difficult when our routines have changed. Sleep is important for healthy bodies and brains. Children aged 5 to 13 years need to get 9 to 11 hours of uninterrupted sleep each night.

Poor sleep can:

- Make it difficult to focus or make decisions
- Decrease memory
- Increase mood changes, irritability and behaviour
- Increase desire for foods that are likely to make it difficult to maintain a healthy weight
- Decrease ability or desire to be active and exercise



Tips for a good sleep:

- Have a consistent bedtime routine
- Avoid screen time 1 hour before bed time
- Avoid playing or doing school work on the bed
- Play calm music or nature sounds to help settle into bed
- Monitor for increased anxiety or distress that may be impacting sleep. Contact your GP if you have any concerns.
- Ensure you child remains physically active throughout the day
- Create a calm environment for sleep: minimise loud unpredictable noise and movement within the room and consider your child's preference for light (consider dim lighting if required)

Do not be afraid to ask for help. Your local GP will be able to offer support and guidance.