**Sleep to Success**

Monthly Campaign Announcements:

| Day 1 | This month we are going to learn all about the importance of sleep. Sleep is a very important part of keeping our minds and bodies healthy. After getting a good night’s sleep your brain and body are ready to work at their best. |
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| Day 2 | Did you know that teenagers ages 14 to 17 need 8 to 10 hours of sleep every night? Your brain and body are like a cell phone. They need to recharge while you are sleeping so that you have energy all day long. |
| Day 3 | Did you get 8 to 10 hours of sleep last night? If you didn’t, it might be time to look at why not. Sometimes the culprit for not getting enough sleep is having caffeine. Things like iced caps, coffee, tea, energy drinks, Coke and chocolate all have caffeine in them. Caffeine is a drug which makes it hard for your body and brain to relax or sleep. |
| Day 4 | Another reason it can be hard to get enough sleep is that you may not have a night time routine. A night time routine before bed can help you to get settled and fall asleep sooner. Some people like to read a book or take a bath before bed every night to help them relax. Think about your nighttime routine, and see what you can add to make it more effective. |
| Day 5 | Stress is the number one reason people have a hard time falling asleep.    Doing relaxing activities before bed can really help reduce that stress. Listening to calming music and making sure that your bedroom is dark, quiet and cool can all help your stress melt away.  What do you do to relieve stress? |
| Day 6 | Did you know that our bodies produce a hormone called melatonin? Melatonin is our sleep hormone. Our bodies’ ability to produce this sleep hormone is affected by light. If you are in front of the bright lights of a television, computer or cell phone before bed, your body will not make enough melatonin for you to get a good night's sleep.    To build melatonin, try reading your favorite book or going for a walk instead of staring at a screen before bed. |
| Day 7 | Quiz time!  What is the sleep hormone called?  *(Wait 5 seconds)*  If you answered melatonin, you’re correct! Pat yourself on the back. |
| Day 8 | Has anyone ever had an awesome dream? Dreams happen when we are in a sleep pattern called "Rapid Eye Movement" or R-E-M. If we are not getting enough sleep, it is very difficult for our bodies to get into R-E-M sleep and have dreams. Take a minute now and think of the last time you had an awesome dream. That might be the last time you got a good sleep as well. |
| Day 9 | Yesterday we talked about Rapid Eye Movement sleep or R-E-M sleep. The other type of sleep that we have is called "Non Rapid Eye Movement" or N-R-E-M sleep. During this type of sleep, we get more blood flow to our muscles, our energy is restored, our body tissues grow and repair and important hormones are released. All of these things are important to help our bodies grow healthy and strong. |
| Day 10 | Can you remember what the two types of sleep that we learned about are? Did you get enough sleep last night to have both of these types of sleep? Tell your neighbor what the two types of sleep are. If your partner said rapid eye movement and non rapid eye movement, they were correct! |
| Day 11 | Time for a classroom poll. Raise your hand if you sleep in on weekends! Did you know that you actually can't "catch up" on sleep by sleeping in on the weekends? It is healthier to try to go to bed a little earlier each night and "catch up" that way. It will also mean that you won't spend your whole Saturday in bed so you can go enjoy a day of hanging with your friends. |
| Day 12 | We learned that one of the reasons sleep is so important is so that our brains and bodies can rest and recharge. It is also important to get enough sleep so that we can make positive decisions. By getting your 8 to 10 hours you can stay focused in school and get awesome grades. |
| Day 13 | Take out a piece of paper.  Did you know that the amount of sleep we get is strongly tied to our bedtime routine. In order to keep our bodies healthy, we need to make sure we are turning off the TV, getting off our cell phones and making our move to a healthier bedtime routine. What are some ways that you can create a healthy bedtime routine?    Write them on a piece of paper and put it beside your bed as a reminder. Don’t forget to include dental health in your routine as well! |
| Day 14 | We’ve all stayed up late. Do you remember how you felt the next day? Probably tired and not wanting to get out of bed. 60% of kids feel tired throughout the day and 15% admit to falling asleep in class. It's really hard to learn when you are asleep at school.  Try adding something relaxing into your bedtime routine tonight so you are ready to learn tomorrow. Remember, the bright lights in a TV, computer screen or cell phone make it harder to sleep, so look for non-technology ways to relax before you go to bed. |
| Day 15 | When you don't get enough sleep, your energy tends to be lower and you do not want to be active. When you do get enough sleep, you will have more energy for extracurricular activities. Physical activity is a great way to tire out your body so that you are ready to go to sleep at bedtime. Instead of going home after school and turning on the computer or playing video games, try spending more time outdoors with friends, play an afterschool sport, or even try a new sport. |
| Day 16 | Being physically active helps our whole body stay healthy and happy. Because sometimes stress can affect sleep, being physically active is extra important. Physical activity helps to reduce our stress levels. Make sure you are getting 60 minutes of moderate to vigorous physical activity every day. That means your cheeks should be red and you should feel warm and sweaty for 60 minutes every single day! |
| Day 17 | Eating healthy is important for keeping our bodies growing strong. Choosing snacks like vegetables or fruit before bed will keep you fuller longer and provide great nutrients to your body before going to sleep. |
| Day 18 | Hitting the snooze button in the morning may seem like a great way to get a little more sleep but it can actually work against you. By only sleeping for a few minutes your sleep patterns are interrupted and you don't get to either of the 2 types of sleep we learned about. Does anyone remember the 2 types of sleep? I will give you a hint; the initials for these two types of sleep are “R-E-M” and “N-R-E-M”. |
| Day 19 | Have you ever heard about "sleep hygiene?" Sleep hygiene are habits and practices that you do before bed to promote a good night's sleep. We talked about listening to calming music, reading a book, staying away from screens before bed and following your routine every night. Can anyone think of another relaxing activity that would help your "sleep hygiene. Tell a neighbour. |
| Day 20 | As a nocturnal animal, lions sleep up to 20 hours every day and only are active a few hours at night. Humans on the other hand are diurnal, where we are active for most of the day but need a long sleep every night for 8 to 10 hours.  Think about last night. Did you get at least 8 hours of sleep? If not, try to go to bed early this evening. Don’t forget to check regularly on your sleeping habits. A good night sleep will make your days more productive and you will feel happier. |

References:

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*Children, Adolescents, Obesity and the Media*

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