



Health Info from Your Webb School Nurses: Sleep Edition zzzzz...



Your Webb School Nurses are here for you!

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Did you know??

- Skipping 1 night's sleep makes a person cranky and clumsy.
- After missing 2 nights of sleep, a person will have problems thinking and doing things; his or her brain and body can't do their normal tasks nearly as well.
- After 5 nights without sleep, a person will hallucinate (this means seeing things that aren't actually there).
- Eventually, it becomes impossible for the brain to give its directions to the rest of the body without sleep — the brain needs to spend time in bed and catch its ZZZs!



Q: What do you get when you cross a rooster and a duck?

A: A bird that gets up at the quack of dawn!

Q: Where do books sleep?

A: Under their covers!

Q: Why did Nurse Kim run around her bed?

A: To catch up on her sleep!



Sleep is so important to your health and well-being! Sleep is your brain's time to rest and recharge! Missing sleep often can lead to some pretty difficult behaviors and health problems—irritability, difficulty concentrating, high blood pressure, obesity, headaches, and depression. Children who get enough sleep have a healthier immune system, and better school performance, behavior, memory, and mental health.

The American Academy of Sleep Medicine has made the following recommendations for children and adolescents:

***kids 6-12 years ----9-12 hours/day**

***teens 13-18 years----8-10 hours/day**

What Can You Do?

- **Setting a regular bedtime and rise time**, including on weekends, is recommended for everyone—children, adolescents, and adults alike. Adolescents with parent-set bedtimes usually get more sleep than those whose parents do not set bedtimes.
- **Dim lighting.** Adolescents who are exposed to more light (such as room lighting or from electronics) in the evening are less likely to get enough sleep.
- **Implement a media curfew.** Technology use (computers, video gaming, or mobile phones) may also contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.

FREE APPS for Meditation and Relaxing sounds

***Sleep pillow**

***Insight timer**

***Relax melodies**

Good Morning Webb School families!

Happy Monday 😊 This week our newsletter is all about sleep^{zzz}. Sleep is a super important thing that our bodies need in order to function properly. There are some great app suggestions included on the newsletter as well.

As always, please reach out with any questions or concerns. We are here to support you!

😊 Nurse Rachel