

# SLEEP SMARTER. PERFORM BETTER.



## WINDING DOWN FOR BETTER SLEEP

Healthy sleep is critical for adolescents' health and academic achievement. Healthy sleep leads to better performance in the classroom, on the field, and in life.

Kids who follow a bedtime routine get an average of an hour more sleep per night.<sup>1</sup> Wind down activities are a great way to get kids into sleep mode when integrated into their nightly routine.

*Encourage parents to commit to adding at least one of these wind down activities to their child's nightly bedtime routine.*

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP  
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at [HealthierGeneration.org/SmarterSleep](https://HealthierGeneration.org/SmarterSleep)

#SmarterSleep



sleep  number.

# HOW DO YOUR KIDS WIND DOWN FOR BED?

Which one of these wind down activities can you commit to adding to your kids' nightly routine before you head to bed?

**START BEDTIME ROUTINE AT THE SAME TIME EVERY NIGHT<sup>2</sup>**

**SET ALARM FOR THE SAME TIME EVERY MORNING<sup>2</sup>**

**PUT AWAY AND POWER OFF DEVICES<sup>3</sup>**

**DO CALMING ACTIVITIES THAT REMIND YOUR BODY IT'S TIME TO SLEEP**

- TAKE A RELAXING BATH OR SHOWER
- READ A BOOK
- LISTEN TO RELAXING MUSIC
- PLAY A REPETITIVE GAME

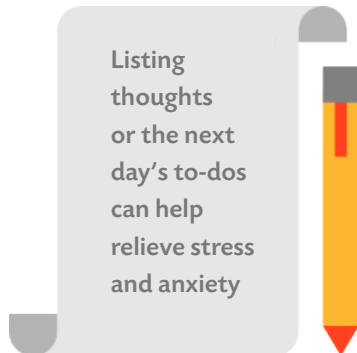


**LIGHT STIMULATES PARTS OF THE BRAIN THAT REGULATE HORMONES, BODY TEMP, AND OTHER SLEEP/WAKE FUNCTIONS<sup>3</sup>**

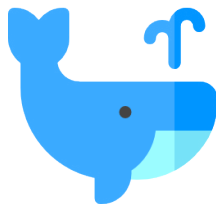
**DO ACTIVITIES THAT CALM YOUR MIND AND HELP RELIEVE STRESS AND ANXIETY**

## JOURNAL

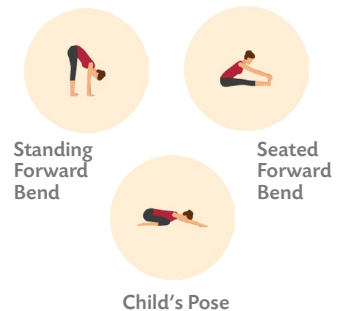
Listing thoughts or the next day's to-dos can help relieve stress and anxiety



## BREATHING EXERCISES<sup>5</sup>



## YOGA<sup>4</sup>



<https://blog.sleepnumber.com/simple-yoga-poses-for-sleep/>

## References:

1. National Sleep Foundation. (2014, March 3). 2014 Sleep in America Poll Finds Children Sleep Better when Parents Establish Rules. Limit Technology and Set a Good Example. Retrieved from (<http://sleepfoundation.org/media-center/press-release/national-sleep-foundation-2014-sleep-america-poll-finds-children-sleep>)
2. American Academy of Sleep Medicine. (2017, February 9). Healthy Sleep Habits. Retrieved from <http://www.sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>
3. National Sleep Foundation. Lights Out for a Good Night's Sleep. Retrieved from <https://sleepfoundation.org/sleep-news/lights-out-good-nights-sleep>
4. Sleep Number. Simple Yoga Poses For Sleep. Retrieved September 21, 2018, from <https://blog.sleepnumber.com/simple-yoga-poses-for-sleep/>
5. The Nemours Foundation. Relaxation Exercises: Breathing Basics. Retrieved from <https://teenshealth.org/en/teens/relax-breathing.html>