

Encouraging good bedtime habits



Sleep is key to your child's growth and development, as well as their ability to learn

Sleep is the natural state of rest, with limited sensory and muscle activity.



Sleep is more important than you may think

- During sleep, children (and adults) produce proteins, which the body uses to fight infection, illness and stress.
- Deep sleep boosts growth. The growth hormone is secreted most effectively during deep sleep.
- Children who don't get enough sleep are more likely to be overweight or obese. This is because they tend to crave and eat sugary or starchy food during the day to give them energy to stay awake.
- Sleep boosts learning and brain development. Children who sleep well, remember more.
- Children who consistently do not have enough sleep are more likely to be irritable and overactive, seek constant stimulation and not concentrate well.
- Children are clumsier and may be more impulsive when they don't get enough sleep, setting them up for accidents.

