

HEALTH · GRADES 3–5

# Sleep & Screens

Why a good night matters

## How much sleep do you need?

Age	Recommended hours of sleep
3–5 years (Pre-K)	10–13 hours
6–12 years (Elementary)	9–12 hours
13–18 years (Teens)	8–10 hours
Adults	7–9 hours

## Why sleep matters

1

### Brain cleaning

Your brain literally cleans itself during deep sleep. Without it, your brain gets foggy.

*Example: That's why you can't remember things when you're tired.*

2

### Growth

Your body produces growth hormones while you sleep. No sleep, no growing.

*Example: This is especially true for kids.*

3

### Mood

Lack of sleep makes you grumpy, more emotional, and more easily upset.

*Example: If everyone seems annoying, ask yourself when you last slept properly.*

4

### Immunity

Your body fights off germs during sleep. Less sleep = more colds.



## Ten habits for better sleep

- Same bedtime every night, even on weekends
- Bedroom dark and cool (around 65°F / 18°C)
- No big meals or sugary drinks late at night
- Get sunlight in the morning to set your body clock
- Worried about something? Write it down before bed
- No screens for 1 hour before bed (the blue light tricks your brain)
- Quiet for the last 30 minutes — read instead
- No caffeine (chocolate, soda, energy drinks) after 4pm
- Move your body during the day (but not too close to bedtime)
- Phone in another room while you sleep (not under your pillow!)

