



Sleep is important for the growing mind!

Sleep can help with attention, behaviour and learning. It also impacts happiness and mood.

Tips for better sleep:

- Make the bedroom a no-screen zone
- Create a consistent bedtime routine by doing the same activities in the same order every night
- Have set bedtimes and wake up times, even on weekends
- Avoid electronic devices 1 hour before bedtime

School aged children need 9-12 hours of sleep per night.

*Adapted with permission from
Middlesex-London Health Unit*

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