

# THE *Counseling* CONNECTION

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## THE IMPORTANCE OF SLEEP TO ACADEMIC SUCCESS

Pediatric studies show lack of good quality sleep can impact school performance by:

- Decreasing attention
- Impairing memory
- Slowing processing
- Worsening sequential thinking
- Reducing creativity

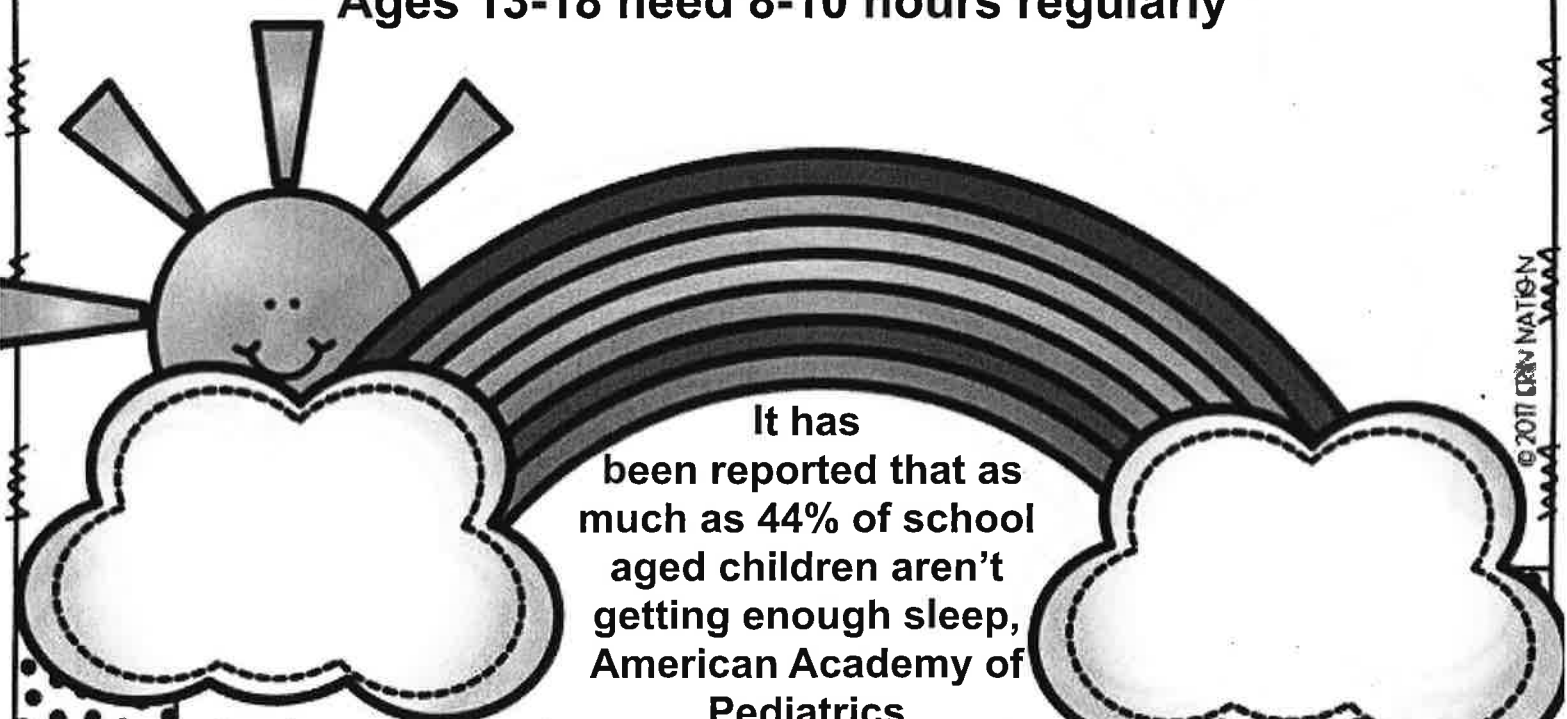
and can contribute to an increase in poor decision making, hyperactivity and depression and anxiety

### How much sleep does my child need?

3-5 Year olds need 10-13 including naps

Ages 6-12 need 9-12 hours regularly

Ages 13-18 need 8-10 hours regularly



It has  
been reported that as  
much as 44% of school  
aged children aren't  
getting enough sleep,  
American Academy of  
Pediatrics

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How to help your student get better quality sleep

- **Parents should set a routine bedtime and establish a bedtime routine using the same steps every night to signal the brain it is time for sleep.**
- **Limit screen time (including TV and even homework done on a computer) too close to bedtime**
- **Adjust extracurricular activities or the timing of them to allow evening downtime**
- **Frequently assess (with your child) how they are sleeping and consider keeping a log to see if patterns emerge. Hormones and seasonal factors can play a significant role.**

Additional Resources:

<https://startsleeping.org/>

[www.sleepfoundation.org](http://www.sleepfoundation.org)

<https://kidshealth.org/en/kids/not-tired.html>

