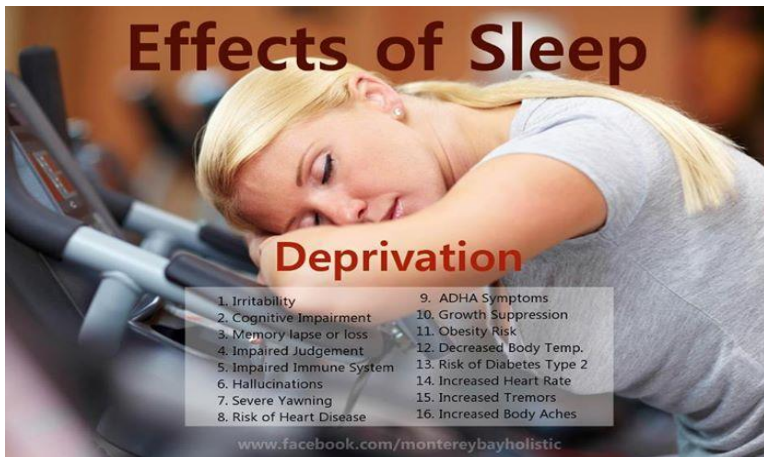




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7 Reasons Children Need a Good Night of Sleep, *Every Night...*

1. Supports physical growth
2. Helps the heart
3. Affects weight
4. Fights infection, illness and stress
5. Reduces risk of injury
6. Increased attention span
7. Enhances leaning ability

What happens during sleep?

During sleep, the body and brain actively work to support healthy brain and body functioning by supporting new learning and memory pathways in the brain. Several studies have shown that lack of sleep causes this thinking process to slow down.

Myth: Children who don't get enough sleep at night will show signs of sleepiness during the day.

Unlike adults, children who are sleep deficient are more likely to be overly active, misbehave, inattentive, and have poor school performance. Sleep deprivation is commonly misdiagnosed as attention-deficit hyperactivity disorder in children.

