







Screen habits to improve sleep

Did you know?

School aged children need between 9 & 11 hours of sleep each night to help them play and learn during the day.

Using screens can affect the quality of sleep and the time it takes for your child to fall asleep.

Try these tips to reduce the negative effects of screens on your child's sleep:

-  Avoid using screens for at least one hour before bedtime. Wind down by reading or playing quiet games
-  Keep tablets, mobile phones and other screen devices in a dedicated place outside of the bedroom every night
-  Encourage your child to connect with friends during the day, rather than messaging or playing games at night
-  Encourage active play outside, rather than using screens after school

