



Sleep. We know that quality sleep is good for our health and well-being. Getting enough rest improves our mood, often helping us think, learn, and act better. Research shows that sleep helps us remember what we learned, pay attention and concentrate, think of new ideas, and solve problems.

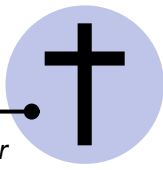
Resting helps our bodies and brains recharge and repair. When we sleep, our bones and muscles grow, we fight illnesses, and we recover from injuries. Healthy sleep habits are important for many reasons, yet most of us are getting less sleep than we want or need. Children and teens do best with 10 hours of sleep each night, and most adults need about 7 to 8 hours. The first step to better sleep might be talking about it. ***In this Wellness Wednesday, let's get some sleep.***

TRY THIS...

As a class, group, or family:

- Brainstorm some ways that we can get a good night sleep (i.e., create a calming bedtime routine, limit caffeine and sugar, put away devices, try to go to bed at the same time every night, etc.). NOTE: You may find ideas or helpful information on [SMHO's conversation starters about sleep](#) (magenta cards).
- Next, try this calming bedtime activity.
 - Lie down on a mat or your bed, or if you are trying this at school, sit comfortably.
 - Take a few deep and slow breaths into your belly and out through your nose.
 - Imagine you are in your own peaceful place where you feel happy and safe. Explore your peaceful place. Notice details of the landscape. Listen for animals or water. Smell the trees and flowers.
 - Imagine doing something fun! You could ride a whale, fly with an eagle or run with an elephant.
 - To return to the present moment, say goodbye to your peaceful place and your animal friends.
 - Bring your attention back to the sounds around you. Open your eyes. Hold this peaceful place in your heart while you drift off to sleep.

CATHOLIC CONNECTION



*"I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety."
(Psalm 4:8)*

God created rest for our benefit, to restore us. We experience true rest when we spend time in God's presence. He watches over us.

ASK YOURSELF...

- How does my body and mind feel when I am rested?
- What is one thing I can change to get a better sleep?
- How could better sleep habits help me tomorrow? Next week? A year from now?

FURTHER LEARNING



- CHILDREN'S BOOK: "Good Night To Your Fantastic Elastic Brain" by Joann Deak, Terrence Deak, Neely Daggett
- ARTICLE: [Tips for Building a Mentally Healthy Nighttime Routine](#)
- ARTICLE: [Healthy Sleep Habits](#)
- CAREGIVER/ADULT ARTICLE: [How To Help A Young Person with Sleep Challenges](#)
- VIDEO: Family Well-Being Community Workshop Series "[Sleep Hygiene for Children and Adolescents](#)"



Employees of LDCSB: check out [TELUS Health](#) (formerly LifeWorks/Morneau Sheppel). Wellness Wednesdays are for everyone, any time. [Click here to find more.](#)