

# SLEEP STRUGGLES & zzz SUPPORTIVE STRATEGIES

65% of Kingston State School students reported that sleep is their number one concern. Lack of sleep was identified in the Queensland Wellbeing and Engagement Survey completed by our students this year.

## RECOMMENDED HOURS OF SLEEP ○○○

AGED 3–5: 10 to 13 hours

AGED 6–13: 9 to 11 hours

AGED 14–17: 8 to 10 hours

Having a regular nighttime and bedtime routine is important for a consistent, restful night's sleep.

## SUPPORTIVE STRATEGIES ○○○

- CREATE A NIGHTTIME ROUTINE (DINNER, BATH, TEETH, BOOK, BATH)
- LIMITED TECHNOLOGY (SCREEN CURFEW AFTER DINNER)
- READING A BOOK BEFORE BED DESIGNATED BEDTIME
- EXERCISING IN THE AFTERNOON (ENCOURAGE ACTIVE PLAY, WALK THE DOG)