

Sleep Conversations

15 minutes doesn't really matter if I'm late for bed T/F

Slightly sleepy sixth- grader will perform in class like a fourth grader because of the loss of how many hours of sleep? 1 hour

How many more minutes of sleep did the B student have than the C student in Dr Wahlsstrom survey of over 7000 high schoolers in Minnesota, do you think? 15 minutes

How do each of these things impact sleep in your home

- a) Activities- music, sport, clubs etc.?
- b) Lots of homework?
- c) Changeable bedtimes?
- d) Watching TV?
- e) Use of devices?

If we've had a hard days learning what's the best way to remember all that information? Go to sleep and have time for deep sleep when you don't dream

Learn more from *NurtureShock: New Thinking about children*
By PoBronson and Ashley Merryman

Play-activities.com



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Do your electronic devices have a turn off time ?

Do portable electronic devices have a place to stay out of bedrooms?

What time is your regular bedtime?

Good sleep helps long term learning of vocab words, times tables, historical dates and factual information. When do we most need to learn these types of things? (ages)

What's one thing we can each do to have a decent amount of sleep for remembering what we learned that day?

Notes:

2 *Hear more on the Parenting Podcast: Why losing sleep is a big deal for kids*

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