

Health & WELLNESS



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BACK TO SCHOOL SLEEP TIPS FOR KIDS

Article published by the American Academy of Sleep Medicine

For kids, the long summer of sleeping in, staying up late and enjoying leisurely mornings is coming to a rapid close. The American Academy of Sleep Medicine (AASM) offers tips to help parents adjust their children's sleep schedules for both success in school and to promote a healthy lifestyle.

- **Adjust for earlier wake times.** Many school days start early in the morning, and that makes healthy sleep for children a challenge. How can parents make sure that children are ready for a more stringent sleep schedule that comes with the start of school? Don't wait until school starts: The AASM recommends a gradual transition in the upcoming weeks.
- **Get the right amount of sleep.** The AASM recommends that school-aged children and pre-teens get about 10 to 11 hours of sleep each night for optimal health, daytime alertness and school performance. Adolescents, on the other hand, need to get a little more than 9 hours of nightly sleep during the critical transition from childhood to adulthood.
- **Improve bedtime practices.** To help children fall and stay asleep during this adjustment period, the AASM recommends practicing **healthy sleep habits**. Avoid electronics before bedtime and especially while in bed. The bright light emitted by electronic devices can signal to the body that it should be awake and alert.



Poor sleep can increase the risk of physical health problems throughout a child's life. These include obesity, heart disease and diabetes. Helping children understand that sleep is an essential part of a healthy lifestyle is important for their future. Link to full article [here](#).

Read [Easy Ideas for a Better Back-To-School](#), put out by Focus on the Family. Learn some practical ways to ease your children into the new school year!

Age Group		Recommended Hours of Sleep Per Day (per CDC and AASM)
Newborn	0-3 months	14-17 hours
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Preschool	3-5 years	10-13 hours per 24 hours (including naps)
School Age	6-12 years	9-12 hours per 24 hours
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and older	7-8 hours

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RECIPE CORNER

SCRAMBLED EGG MUFFINS

Veggie omelets, packed with vitamins and protein, are a nutritious option, but who has time to stand over the stove? Enjoy the same taste and nutrition in convenient baked cups.

To make a batch of six muffins:

- Coat a muffin tin with nonstick cooking spray.
- Beat six eggs in a bowl.
- Fold in 1 cup of chopped veggies, like peppers, onions and spinach.
- Divide mixture into six muffin cups and bake at 350 for 10 to 12 minutes

Once the muffins are baked and cooled, wrap each one in wax paper and place in a zip top bag. When you're ready to eat, place your muffins in the microwave, cover with a damp paper towel and nuke for 30 seconds, or until warm. One serving (two baked cups) contains about 155 calories.

SUPER EASY!

Did you know...

- ▶ Talking in your sleep is known as SOMNILQUY
- ▶ Fear of sleep is called SOMNIPHOBIA
- ▶ A Snail can sleep up to 3 years!
- ▶ Napping at work in Japan is a sign of diligence and hard work!



Have a loved one who needs to eat healthier? Then check out these conversation starters to encourage a healthy change...

Say Why Eating Healthy Is Important

"Your health is important to me. I care about you and want you to live a healthy life."

"A healthy diet can help you stay active as you get older, giving you more time to spend with your loved ones and do the activities you enjoy."

Talk About Small Steps

"Healthy eating isn't all or nothing. You can eat healthy and still enjoy the foods you love. How do you feel about trying some small changes?"

"Can I help you think of some healthy shifts that would be doable for you? What are some foods or ingredients you would be willing to swap out for healthier options?"

Be ready with some ideas, like drinking water instead of soda, eating whole-wheat bread instead of white bread, or using olive oil instead of butter.

Keep it manageable – encourage your friend or family member to pick 1 or 2 ideas to start.

Take The Lead. Do It Together

"There are simple things we can do, like having oatmeal or whole-grain cereal for breakfast instead of sweets."

"Let's go grocery shopping together for healthy choices."

"Let's try to cook and enjoy a healthy meal together at least twice a week."

"Let's try eating at least 2 vegetables with dinner."

"Next time we go out to eat, let's share a meal. Or we can each order our own, but only eat half – we can save the other half for lunch the next day."

Offer To Help

Let your friend or family member know you are on their side. Ask, "How can I help you eat healthy?"

Acknowledge that changing habits is hard. Ask, "What's the hardest thing about eating healthy? What can I do to support you?"

Celebrate Successes

Say, "I'm so proud of you for making this change and sticking to it."



Information disseminated by the Office of Disease Prevention and Health Promotion-MyHealthfinder, link to information [here](#).