

# Promoting sleep in schools: perspectives from students and parents



Sleep is essential for physical and psychosocial health

- academic performance
- peer relationships
- emotional regulation
- growth and development

However, 30% of Canadian children and youth are not meeting national sleep guidelines

Students expand their knowledge of sleep through school experiences

Sleeping well means embracing a healthy lifestyle

Being physically active



Choosing a healthy bedtime snack



Calming down before bed

Sleep habits are rooted in the home

Students understood that technology before bed can negatively impact their sleep, but continued to use if permitted by their parents and/or if they were bored

Students shared what they learned at school with their family

Parents strongly influence their children's sleep habits

## Key Findings

- School-based sleep promotion helped students reflect on sleep practices
- Parents are a key stakeholder in promoting sleep in the home, but experience barriers such as having a **busy lifestyle**, and not **role modelling** healthy sleep habits
- Future initiatives can be more effective with strong partnerships between the school and home

