

# Unplug & Connect



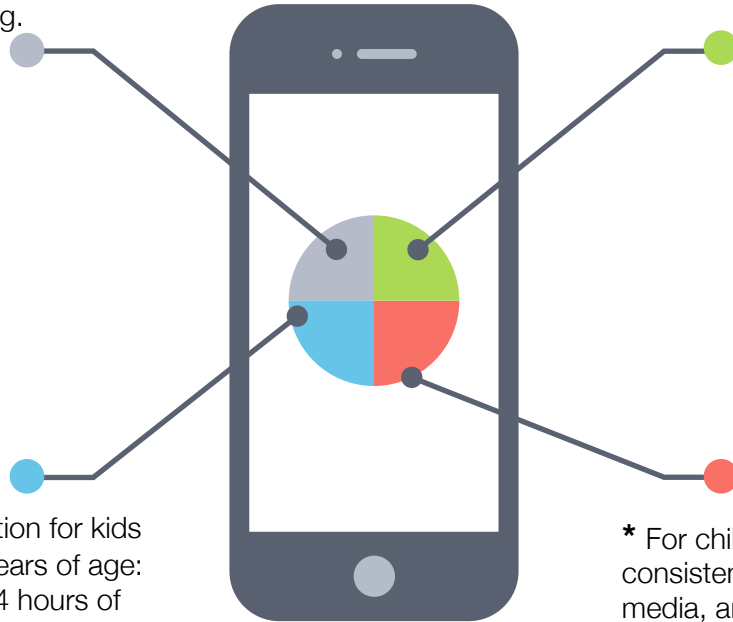
Sleep

It's about children growing  
up happy and healthy



\* For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.

\* For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them.



\*\* Recommended sleep duration for kids between six months and 12 years of age:

- ✓ Infants 6 to 12 months — 14 hours of sleep every 24 hours (including naps)
- ✓ Children 1 to 3 years — 10 to 13 hours of sleep every 24 hours (including naps)
- ✓ Children 4 to 5 years — 10 to 12 hours of sleep every 24 hours
- ✓ Children 6 to 12 years — 10 to 12 hours of sleep every 24 hours

\* For children ages 6 and older, place consistent limits on the time spent using media, and the types of media. Make sure media does not take the place of adequate sleep, physical activity and other behaviours essential to health.

\* *American Academy of Pediatrics*  
 \*\* *Canadian Paediatrics Association*

### Connecting with sleep:

- Research indicates that sorting, storing, and filing away information, memories, and experiences may be one of the central functions our brains perform during sleep. Without sleep, it's a cluttered, disorganized mess.
- Research suggests that getting enough sleep seems to boost your immune system.
- Sleep gives the body a break. Cells have time to rejuvenate, muscles rebuild, and the body can restore itself.
- New research shows there may be a link between persistent sleep difficulties in childhood and mental health problems like depression and anxiety disorders later in life.

### Become a 'Screen Smart' family:

- Try digital sunseting - Make the last 20 or 30 minutes before your child's bedtime screen-free. Our brains haven't adapted the ability to differentiate between sunlight and light emitted from the smartphone when scrolling through social media. We are powering up our minds with huge inputs of sensory and cognitive information right up to bedtime. Setting a Digital Sunset provides a space in which we can power-off and unplug our minds in preparation for sleep.
- Consider digital minimalism - Question which digital communication tools are necessary for your happiness. Whether it be email, social media, or general internet consumption, Apps are meant to be tools that serve you. Eliminate any app that is not essential for work or not adding value to your life.

