**Sleep Week February 18 -22, 2019**

**Hey West Vancouver Schools, it’s Sleep Week!**

Are you waking up tired or staying up too late? You’re not alone! Research is showing that many of us are not getting enough sleep. Recent articles suggest that a lack of sleep is negatively affecting all of us.

<https://nationalpost.com/news/world/brain-researchers-warn-that-lack-of-sleep-is-a-public-health-crisis>

<https://www.cbc.ca/news/health/national-sleep-deprivation-teenagers-youth-learning-1.4929842>

<https://nationalpost.com/entertainment/its-time-to-wake-up-to-the-fact-that-a-general-lack-of-sleep-is-severely-and-negatively-affecting-all-of-us>

To bring awareness to our need for sleep and promote healthy sleep habits, West Vancouver Schools will be celebrating Sleep Week, February 18-22nd. Each day will focus on one sleep tip to encourage a change for better sleep.

Monday, Feb. 18, 2019: Family Day. What better way to celebrate family day than to establish consistent wake-up and bedtimes Every Day and Every Night? Regular bedtime routines, even on weekends, help get us and our bodies ready for sleep. And while we are planning our routine for Family Day and the rest of the week, check out the free events at the West Vancouver Community Centre! <https://westvancouverrec.ca/fall-winter/2019-family-day>

Tuesday, Feb. 19, 2019: Monitor electronic use. Did you know that the blue light emitted from screens interferes with the natural release of melatonin in our bodies? <https://www.sleepfoundation.org/sleep-topics/why-electronics-may-stimulate-you-bed>

Try turning off screens at least 1 hour before bed and keep them out of the bedroom. Family charging stations located in a central place (e.g. kitchen) are a good way to encourage better sleep habits. To promote this strategy, we will be encouraging families to send in or post their photos of their family charging stations. Prizes will be awarded so get those stations organized!

Wednesday, Feb. 20, 2019: District Wide Pajama Day! We get better quality sleep when our bedrooms are dark, quiet, comfortable and free from distractions. What better way to promote better sleep environments than to bring the environment to school and work? Staff, students, parents, and community partners all across West Vancouver will be wearing their pajamas to promote healthy sleep habits.

Thursday, Feb. 21, 2019: Nutrition plays an important part of sleep. We’ll be sending home tips collected by VCH Registered Dietitian, Helen Yeung that makes the link between what we eat and drink and how we sleep. This includes eating a balanced diet and avoiding stimulants like caffeine and nicotine.

Friday, Feb. 22, 2019: Adequate exercise is important to getting good quality sleep. It is recommended that we find fun ways to be active for at least 60 minutes every day. To help encourage an active lifestyle, schools will across the district will be holding events and activities that will get people moving!

Come celebrate Sleep Week with West Vancouver Schools and let’s all get have a good night and sleep well for a better day!