

SLEEP WEEK 2023

APRIL 3 TO APRIL 6

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. To bring awareness to our need for sleep and promote healthy sleep habits, West Vancouver Schools is celebrating Sleep Week from April 3-6.

The week will culminate in a district-wide Pajama Day on April 6.



DID YOU KNOW?

1 in 4 children and teens are NOT getting enough sleep! To do their best and be as healthy as possible children and teens need adequate sleep

SLEEP GUIDELINES BY AGE

3-6	11-13 hours
7-10	10-11 hours
10-12	9-11 hours
13-18	10 hours
Adult	7+ hours

