



SLEEP + MENTAL HEALTH

Description of this class for parents + caregivers

As kids get older, they often struggle to get the amount of sleep they need. Demands from school, extracurriculars, social events, and those super-engaging screens can keep them up late into the night. But their bodies and brains need sleep in order to stay healthy.

This lesson focuses on the relationship between sleep and mental health. Sleep and mental health are bidirectional, meaning that each can enhance or hinder the other. Mental health issues can impact sleep in two opposite ways: sometimes they make it harder to fall and stay asleep; other times they make it tough to get out of bed and muster energy. Sleep can impact mental health as well. Too little sleep leads to sleep deprivation, which directly affects mood and stress level. Too much sleep on the other hand can interfere with a person's ability to have meaningful social interactions or accomplish what they need to do during the day.

Kids deserve to understand the science and data supporting the sleep recommendations they hear (over and over again), starting with information about [melatonin](#). This is the most likely way to get their buy in... and convince them to get into bed a little earlier.

A word about tech hygiene and sleep: basically every study that has looked at the topic concludes that people of all ages fall asleep faster, sleep more deeply, and sleep longer when they are not interrupted by technology. What does this mean, exactly? It includes getting off devices at least an hour (ideally two) before bedtime; turning off notifications; and charging devices outside the bedroom.

The relationship between sleep and mental health applies to people of all ages. We all benefit from understanding the importance of sleep and then implementing routines to help us get the sleep we need.