

After summer break, it may seem impossible to get the kids off vacation mode and transitioned back to a normal pattern of waking up for school. The days of staying up late, eating junk food, and sleeping in are over. To maintain peak performance during the day it is recommended that we receive adequate amounts of sleep varying from 8-10 hours.

To help transition back to a regular sleep schedule, work with your children two weeks prior to the first day of school. Gradually introduce an earlier bedtime and continue this trend until they have reached the appropriate bedtime and wake time. The sooner your child readjusts to a sleep schedule for school, the better they will feel and perform in school. Researchers reported that regular sleep schedules in children are associated with better school adjustment and behavior, whereas poor or varied sleep time is associated with increased anxiety and depression.

Ways to maintain a sleep schedule:

- **Establish a school sleep schedule** and try to maintain it, even on weekends
- **Establish a bedtime routine:** try to get your children to wind down before bed, for example taking a bath, reading, or other light activities
 - Keep the activities repetitive to help cue that it is time to sleep
- **Avoid using electronics** an hour prior to bed time to maintain their circadian rhythm
 - Light emissions from electronics can wake up the mind and delay sleep time for up to an hour
- **Add exercise to their day:** Try an after dinner bike ride, walk, or playtime; the goal is to get your kids (and yourself) to engage in at least 150 minutes of physical activity a week
 - Avoid excessive activities 3 hours before bedtime
- **Avoid heavy meals and caffeine before bedtime**
- **Keep a peaceful bedroom environment:** a dark, cool, and comfortable bedroom will help them fall asleep
- **Be a role model:** set a good example to your children by establishing and maintaining your own bed time routine and cycle to promote healthy sleep

It's common for kids to be anxious the day before their first day back to school, so prepping them ahead of time can help them relax back into a routine. A regular schedule not only tends to increase the amount of sleep people get each night, it can also improve the quality of that sleep.

Source: [Back to school sleep tips](#)

For more information about sleep, visit

www.accqsleeplabs.com

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