

# Family Influence on the Sleep Behaviours of Children and Youth



According to the **Canadian 24-Hour Movement Guidelines** for Children and Youth,<sup>1</sup> 5- to 13-year-olds require 9 to 11 hours of uninterrupted sleep per night and 14- to 17-year-olds require 8 to 10 hours per night, with consistent bed and wake-up times.

## B

**The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth<sup>2</sup> gives a grade of B for sleep.**

**70% of school-aged children and youth in Canada are meeting the sleep duration recommendation.**

Often the importance of sleep is overlooked, especially when compared to other movement behaviours, however there are many benefits to a good night's sleep including:

- 1 Improved cognitive functions and moods
- 2 Maintaining a healthy body weight
- 3 Increased energy to help you stay active



**The 2020 Report Card and resources are available online at [participACTION.com/childrenandyouth](https://participACTION.com/childrenandyouth).**



## Tips for Healthy Sleep Behaviours



- ✓ **Encourage regular bed and wake-up times, even on weekends**
- ✓ **Establish a consistent bedtime routine**  
(e.g., bathing, brushing teeth, reading)
- ✓ **Get active regularly during the day**
- ✓ **Keep cell phones, computers, TVs and video games out of the bedroom**
- ✓ **Keep bedrooms comfortable for sleeping – dark and cool is best**
- ✓ **Avoid consuming caffeine or heavy meals too close to bedtime**



**Reclaim family time as active time by participating in the Active Family Pledge!**

**VISIT [participACTION.com/familybetter](https://participACTION.com/familybetter) for all the details!**



**PARTICIPACTION**  
Everything gets better when you get active.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.

#### REFERENCES

- 1 The 24-Hour Movement Guidelines for Children & Youth. (2016). Canadian Society of Exercise Physiology. <https://csepguidelines.ca/children-and-youth-5-17/>
- 2 The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. (2020). ParticipACTION Report Card on Physical Activity for Children and Youth. <https://www.participaction.com/en-ca/resources/children-and-youth-report-card>