

Sleep

Website Information

Live 5-2-1-0



When it comes to children’s health and well-being, ensuring they get adequate, quality sleep is important. The new [Live 5-2-1-0 Sleep Infographic](#) provides a simple visual overview of the necessity and benefits of sufficient quality sleep and explains how following the Live 5-2-1-0 guidelines during the day can support better sleep at night for children. The Live 5-2-1-0 Sleep Infographic and other resources are available for download in both a print-ready and a digital format suitable for use on social media, websites and e-newsletters on the [Live 5-2-1-0](#) website.



HealthLinkBC



Children of all ages need plenty of sleep to grow and develop. School-age children may have trouble learning and developing socially if they don’t get enough sleep. For more information on how to help your children and yourself sleep better, see:

- ❖ [Sleep: Helping Your Children – and Yourself – Sleep Well / HealthLinkBC](#)

Foundry BC · **FOUNDRY** ·

Sleep is important for our mental and physical health. Good sleep patterns can affect how we feel and how we perform during the day. [The Foundry BC](#) website has a variety of resources about the importance of sleep and what to do when you can't get a good night's sleep.

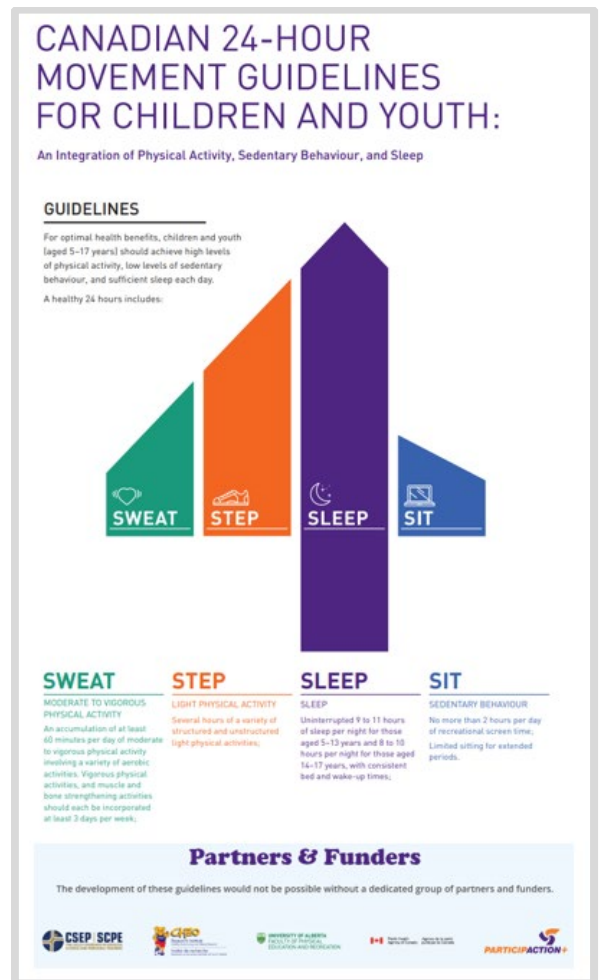
Also see:

- ❖ [Six Tips for Getting a Good Night's Sleep](#)
- ❖ [How to get a better sleep](#)
- ❖ [TedTalk: Why is sleep important?](#)

Canada's 24-Hour Movement Guidelines

Children and youth need to sweat, step, sit, and sleep the right amount each day for optimal health. Benefits of encouraging kids to sit less and move more include improved fitness and overall health, maintaining a healthy body weight, growing stronger, feeling happier and learning new skills. In fact, Everything gets better when you get active.

Scroll down on [Canada's 24-Hour Movement Guidelines](#) website to see the Educators' Resources on how to teach kids about building their best day.



CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH:
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

GUIDELINES
For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.
A healthy 24 hours includes:

SWEAT	STEP	SLEEP	SIT
MODERATE TO VIGOROUS PHYSICAL ACTIVITY An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.	LIGHT PHYSICAL ACTIVITY Several hours of a variety of structured and unstructured light physical activities.	SLEEP Uninterrupted 9 to 11 hours of sleep per night for those aged 5-13 years and 8 to 10 hours per night for those aged 14-17 years, with consistent bed and wake-up times.	SEDENTARY BEHAVIOUR No more than 2 hours per day of recreational screen time. Limited sitting for extended periods.

Partners & Funders
The development of these guidelines would not be possible without a dedicated group of partners and funders.

Partners & Funders: CSEP SCPE, CPEO, UNIVERSITY OF ALBERTA, H&M, PARTICIPATION



The Interior Health Healthy Schools Team endeavours to create free or low-cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at healthyschools@interiorhealth.ca.

To explore other toolkits, visit [Healthy Schools Teaching Toolkits](#).