

Sleep

Website Information

1. Foundry BC



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:

[The 4 minute TEDTalk- Why is Sleep Important?](#)

[Six Tips for Getting a Good Night's Sleep.](#)

[How to get a Better Sleep](#)

2. Live 5-2-1-0 Sleep

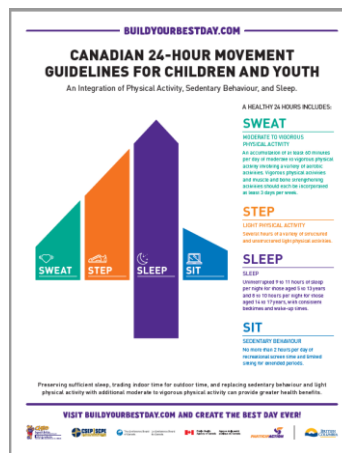
When it comes to children's health and well-being, ensuring they get adequate, quality sleep is important. The new Live 5-2-1-0 Sleep Infographic provides a simple visual overview of the necessity and benefits of sufficient quality sleep and explains how following the Live 5-2-1-0 guidelines during the 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 live5210.ca website.



3. **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.



Partners & Funders

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



4. **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 | HealthLink BC](#)