



## “It’s all in a Good Night Sleep”

A study at McGill University reveals that there is a direct link between sleep and academic performance. According to the study a good night sleep is essential for memory retention and

learning new information. Well rested students have better mental clarity, focus and problem solving skills. Unlike adults who require between 7 and 8 hours of sleep per night, children and teens need between 9 and 10. Research suggests that it isn’t just the quantity of sleep but the quality of sleep that promotes higher cognition since uninterrupted sleep allows

for more time in REM sleep. With the start of a new school year we at Sleep Experts would like to share some important tips on improving sleep. Turn down the thermostat! Cooler room temperatures between 16 and 19 degrees celsius are optimal to help facilitate faster, deeper and more restorative sleep. Power down earlier! Limit the use of electronic devices at least one hour before bedtime since these devices emit a blue light that inhibits the production of melatonin (the hormone that regulates the sleep/wake cycle).

Don’t burn the midnight oil! While many students feel the need for late night studying and “cramming” for exams, a restful sleep

gives the mind and body the opportunity to renew and rejuvenate for better memory and improved concentration.

Not too early to bed! Biological sleep patterns shift toward later sleep and wake cycles during adolescence so it’s natural for teens not to fall asleep before 11 pm. By keeping weekend and weekday bedtimes consistent, quality of sleep isn’t affected by a change in these cycles.

Size matters! As children

grow and develop physically, it is important that they have a mattress that supports their growth, helps maintain proper spinal alignment and fits their size ensuring a comfortable uninterrupted night sleep.

The sleep advisors at Sleep Experts wish all parents, teachers and students a happy, safe and successful academic year.

“The future is shaped by your dreams...”  
Sweet Dreams

*Nadine Harrison*



# Sleep Experts

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