

# Is Screen Time Affecting Sleep? Tips for Children



Screen time is the time you spend using any screen. This includes: smart phones, T.V., tablets, computers, video games, or wearable technology.

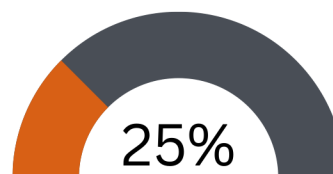
## Canadian 24-Hour Movement Guidelines Suggest:



- Children (5-13 years) need **9-11** hours of sleep daily.
- Children should have no more than **2 hours** of recreational screen time a day and spend a short amount of time sitting.



53% of children aged 7-12 are meeting the National sleep guidelines of 9 to 11 hours per day.



25% of children 7-12 years of age are meeting the National guideline of 2 hours or less of screen time a day.

Source: 2022 ParticipACTION Report Card

For more information on sleep visit the health unit website.



# 6 Steps to Switching Off Your Screens



## Pick a Time

Decide a time you will be powering off your screens each night.



## Give Notice

Tell your friends and family that you will be shutting down your device for the night.



## Plan Ahead

Pick a calming activity to do instead of using your screens.



## Shut Down

Put your devices in a safe place where you will not see them.



## Stick With It

You may fear you are missing out without your screen, but it is important to stick to your goal.



## Get Support

Challenge a friend/family member to cut down on their screen time, to help keep each other on track.

## Tips to Improve Your Sleep



**Work out:** exercise daily, but make sure to finish a few hours before bed so you have time to relax.



**Try a calming activity:** instead of using your screen before bed, like taking a warm bath, reading, listening to calming music, or stretching.



**Write in a sleep diary or create a bedtime routine** a sleep diary or bedtime routine chart can help you track your sleep habits and figure out what you need to do to sleep better.



**Watch the Better Sleep Video Series:** the videos talk about a variety of sleep topics and tips if you are having a hard time sleeping .

