

## PHYSIOLOGICAL NEEDS

# Sleep

## The Bookends of a Healthy Day



Artwork by Hailey Choi

### AUTHOR BIOGRAPHY

**Nancy Jaskiw, MA, S.Psy.S.,** is a school psychologist at Reeths-Puffer Schools. She completed her studies at Central Michigan University, where she and her husband, Nicholas Jaskiw, conducted research on infant sleep disorders. Nancy is a mom to five grown children, and she uses strategies from the Sleep Challenge in her own life. She also works with her local school community by providing psychological services to prevent problems, offer early interventions, and provide extra support when needed.

In her broader community, Nancy provides coaching in early literacy, holds workshops to engage families, and offers training on preventing suicide. At the state level, she's been part of groups like the School-Based Mental Health Providers Coalition, the Special Education Advisory Committee, the Youth Suicide Prevention Coalition, and the Michigan Reading Association Board of Directors. Nancy believes that learning is something we should enjoy throughout our lives, that it's best to stop problems before they start, and that helping others is a privilege.

#### **What's Nancy's favorite physical activity?**

*Nancy's favorite physical activity is taking long walks on the beach.*

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## The importance of sleep

Think about sleep – it's something we all do every day. But do you realize how critical it is for our activities, our health, and how we feel overall? Sleep is the foundation for everything: it affects, and is affected by, all that we do in our daily lives. And did you know that getting good, [restful sleep is important for both the body and the mind](#)? If you don't get enough sleep, you might feel tired, your brain may not work as well, and you could have trouble remembering things. Insufficient sleep can also lead to serious health problems like diabetes, high blood pressure, heart disease, and even stroke.

Here's how much sleep is [recommended](#): adults should strive for 7–9 hours per night; teenagers should try to get 8–10 hours; and kids between ages 6 and 13 should aim for 9–11 hours. Preschoolers, toddlers, and babies need even more sleep – sometimes up to 15 hours per day!

Dr. Suresh Kotagal, a doctor who knows a lot about kids' brains, gives some helpful tips in this [short one-minute video](#). He talks about how much sleep kids need and how to get into a good routine of waking up at the same time every morning.

## It's possible to improve sleep

We all want a good night's sleep, but sometimes it can feel tough to get. The way we live each day can affect how well we sleep – like how quickly we nod off; how long we stay asleep; and whether we get that deep, restful sleep we need. But here's the good part: we can make choices that result in better sleep.

The next three sections of this module give you and your family tips for developing healthy sleep habits that include moving together, thinking together, and being together!





## MOVE

Sleep and exercise go hand in hand – when one gets better, the other does too. Moving your body affects how quickly you fall asleep, how long you stay asleep, and how much deep and restorative sleep you get. Moving throughout the day can even reduce how often you wake up throughout the night. Exercising is awesome, but be sure to do it during the day. Then pick calm activities that help you relax in the hours before bed.

### Active play during the day

Your day should include fun exercise and other activities. Try to do things each day that get your big muscles moving! Exercising as a family is even more enjoyable. Plus, it helps your family bond! You can do games like tag, dance together, or play tug-of-war. Try checking out the [InPACT at Home](#) videos if you want to take it up a notch at home.

If you need more ideas, here's a list of [50 activities that involve moving your big muscles](#). Just make sure to finish your active play about one to two hours before bedtime. That way you and your child can wind down and fall asleep more easily.

### Calm play near evening

The hours before bedtime are a perfect time for calm, pleasant family activities. Instead of doing intense workouts, consider taking a walk in nature (maybe through the woods or along the beach), building sandcastles, or trying other things you find relaxing. These kinds of activities let you have fun together as a family in a peaceful way. If you don't live near the woods or a beach, that's okay. You can recreate a similar environment inside your home by playing soft music and hanging scenic posters in your hallways and bedroom.

Whether indoors or outdoors, these quiet moments also give you a chance to practice mindfulness, which means paying close attention to the world around you. For instance, you can listen to the sound of leaves rustling or the birds singing. You can even turn this time into a game by trying to remember all the sounds you heard on your walk. That can make for a fun conversation before bed.







## THINK

You probably have chances during the day to talk as a family about things that affect sleep. When you have family conversations, you can talk about sleep. Teaching kids about what's important for good sleep, like turning off electronics an hour before bedtime, can help them understand why it's good for them instead of just being a rule to follow. You can also involve them in setting up their sleeping area and planning bedtime routines.

### Planning bedtime routines

It's a good idea to create a regular way of preparing to sleep as the day winds down. Establishing a routine helps kids and adults relax before bedtime. A cozy, predictable pattern will make everyone feel comfortable as they get ready to sleep.

A bedtime routine doesn't have to be complicated. Maybe you give your kids a bath, read a story or poem of their choice, and sing a lullaby to the little ones. You can even guide them through some [muscle relaxation exercises](#) to help them relax. If your kids are older, try involving them in creating their bedtime routine so it becomes special for them. You can decide together how many books to read, pick a calming activity, and play soothing music/sounds. Try sounds such as [waves at the beach](#), [forest noises](#), or [classical music](#).

If you'd like to have a clearly organized routine, you and your child can put together a poster or a chart. Washington University in St. Louis has a simple [six-step plan](#) that guides you in developing a bedtime routine for your family. Then, once the kids are settled, you can start your own end-of-day routine to help you unwind. Remember, routines are for you, too!



## BE

Time together as a family is limited. Helping your kids get ready for bed gives everyone a chance to slow down and be deliberate about each step of the routine. Preparing starts early in the day. For example, it's best for your kids to wake up at the same time every day, even on weekends. This consistency helps them be ready for bedtime, get up feeling refreshed, and adjust to a morning routine. It also makes it easier for them to stick to a regular schedule. Even if their sleep pattern gets disrupted during school breaks or trips, it's better for your kids to wake up at their usual time instead of sleeping in, which can make it harder for them to settle down at night.

Setting out their clothes for the next day and putting their backpack near the door (if they're in school) can save time in the morning and start the day more smoothly. Brushing their teeth, taking a warm bath, and getting into pajamas will help make dental care a regular part of their night as they get ready to relax. Remember to be safe in the bath – check the water temperature, don't leave



your kids alone in the tub, and drain the water when they're done. Keep bath time fun but calm by talking, singing, or drawing with bath crayons.

Turning off electronics and, if possible, taking them out of the bedroom is important. Light, especially blue light from screens, can mess up sleep. It disturbs our natural sleep patterns and prevents our bodies from making [melatonin](#), the hormone that causes us to feel tired at night. Things like smartphones, tablets, computers, TVs, and even certain types of lights all give off blue light.

Telling stories and singing lullabies can help your child disconnect from the day. Make this time peaceful; you can hold your child in a chair, sit beside them on their bed, or cuddle up next to them while you read. The goal is to help them calm down and get ready for sleep.

To create a relaxing atmosphere, you can play something soothing like gentle music or white noise. These sounds can help cover up noise outside their room, such as conversations or opening and closing doors, that might otherwise keep them awake.

Here are links to recordings of soft music options for you:

### For Babies and Young Children

- [Disney Deep Sleep Piano](#)
- [Mozart for Babies](#)
- [Mozart for Babies - Piano](#)
- [Orchestral Music Box Lullabies](#)
- [Piano Lullabies](#)
- [Relaxing Sleeping Music - Mindful Kids](#)
- [You Are My Sunshine](#)
- [Disney Deep Sleep Piano](#)

### Classical Selections

- [Beethoven](#)
- [Chopin - Nocturne Op.9 No. 2](#)

### Instrumental

- [Guitar](#)
- [Piano Music](#)
- [String Music - "Autumn Color"](#)
- [A Thousand Years - Piano and Cello](#)

### Vocals

- [Louis Armstrong - What A Wonderful World](#)

### Books

- [The Very Hungry Caterpillar](#)
- [Papa, Please Get the Moon for Me](#)
- [Read Aloud Books - Pre-K \(20 minutes\)](#)
- [How Do You Sleep?](#)
- [Readaroo Kids](#)

### Soothing Sounds

- [Beach Sounds](#)
- [Ocean Sounds](#)
- [Relaxing Wind Sounds](#)
- [Rain Sounds For Sleeping](#)
- [White Noise](#)
- [Woodlands](#)





You can help your child relax further by using progressive muscle relaxation or a [gentle massage](#). Progressive muscle relaxation is easy to pick up, and it's a wonderful way to help your child unwind and drift into sleep faster. Guiding your child through tightening and then releasing different muscle groups can help them feel lighter and less tense. This technique is particularly useful at bedtime. You can walk your child through it with or without background noise.

Progressive muscle relaxation resources:

Progressive muscle relaxation- written instructions on page 47

[Progressive muscle relaxation- recorded instructions](#)

[Progressive muscle relaxation- male voice](#)

[Progressive muscle relaxation- female voice](#)

And finally, a quick note on napping: a [short 10- to 20-minute nap](#) during the day can help your child feel refreshed and focused. But keep an eye on the time; longer naps can leave them feeling groggy.

Now it's time to practice the skills that you've learned in this module. To get started, take the 20-day InPACT Sleep Challenge.



# Progressive Muscle Relaxation Script: Sleep

Sometimes, when it's time for children to go to bed, they have a difficult time relaxing. Their muscles are tense, or tight, which makes it harder for them to fall asleep. One effective method to help them relax is called, "Progressive Muscle Relaxation". This process of tensing, holding, and then releasing muscles creates that feeling of heaviness in our muscles that we feel when we are relaxed. Leading your child calmly and quietly through this sequence can help them to settle in for the night.

## Introduction

I'll read this script for you, so that you can hear my tone, and the relaxing quality of my voice. Feel free to play this narration, as you model the movements for your child. When you feel comfortable to simply lead them through the steps yourself, without using the narration. This is also a good tool to use for yourself, as you wind down for sleep.

### Some Tips:

- If you have a fan that you can turn away from your child's bed, to create noise without a breeze, this can help them to relax, and keep noises from outside their room from waking them during the night.
- Turn off the lights, leaving only a night light, if they sleep with one. You want the room to look and sound the same as it will when they wake up during the night. This will help them to more quickly fall back asleep.





## Narration

We're going to practice some ways to relax your muscles tonight. When you tighten your muscles real tight, and then relax them, it makes them feel heavy. When your muscles feel heavy, it's easier to relax at bedtime, and to fall asleep. Let's try this together. We'll start with the feet, and move up, then the hands, and move in, then our heads, and move down. Ok, I'll say what to do, and we'll both practice. Ready?

First, let's start by taking a deep breath in through your nose, and hold it to the count of 3... 1 – 2 – 3. Now, exhale through your mouth, emptying your lungs completely. Once more, deep breath in and hold... 1 – 2 – 3, and blow it out. Now, just breathe normally for a few seconds, listening to the sounds. *(Just silence for about 5 seconds.)*

Let's begin with your feet. Keeping your legs straight, point your toes way down, toward the foot of the bed. Now hold it to the count of five... *(Say the numbers rather slowly - about 1 second apart.)* 1 – 2 – 3 – 4 – 5. Now, relax, letting your feet go.

Next, still keeping your legs straight, point your toes up toward the ceiling, and then pull them back further, while you point your heels down toward the foot of the bed. Hold to the count of five... 1 – 2 – 3 – 4 – 5. Now, relax your feet. Notice how your legs feel heavy. That's because your muscles are relaxed. *(Silence for about 5 seconds.)*

Focusing on your knees to your lower back, tense your upper legs (your thigh muscles), and your bottom muscles; hold them tight... 1 – 2 – 3 – 4 – 5... now relax. *(Silence for about 5 seconds.)*

Let's move to your hands. Make a fist with both hands, keeping your thumbs on the outside. Tighten them up, like you're squeezing a lemon, and hold... 1 – 2 – 3 – 4 – 5... now relax. *(Silence for about 5 seconds.)*

Next, focus on your upper arms, from your elbow to your shoulders. You can hold your arms straight, or you can bring your hands up towards your shoulders. Tighten your upper arms, holding them tight... 1 – 2 – 3 – 4 – 5... now relax. *(Silence for about 5 seconds.)*

OK – now, make a big frown with your forehead, and scrunch up your mouth – tighten up your whole face, and hold... 1 – 2 – 3 – 4 – 5... now relax. *(Silence for about 5 seconds.)*

Paying attention to your shoulders, across the top of your chest, and across your upper back, tighten those muscles and hold... 1 – 2 – 3 – 4 – 5... now relax. *(Silence for about 5 seconds.)*

Last, focus on your lower back and abdomen. Sometimes, it helps to imagine you're trying to make your belly button touch your backbone. Tighten your muscles, and hold... 1 – 2 – 3 – 4 – 5... now relax. *(Silence for about 5 seconds.)*

Now, just relax, keeping your eyes closed, and feel the heaviness of your muscles; listen to the sounds you can hear. *(Silence for a few seconds, as the child listens to sounds in the room or quiet sounds being played.)*



## Welcome to the 20-Day InPACT Sleep Challenge!

Each day of the week, there will be new activity to help you improve your sleep. The 20-day challenge aims to enhance your family's sleeping behaviors. Studies suggest that it takes 21 days to form a habit and over 90 days to establish a lasting lifestyle change. Our hope is that by completing the 20-day sleep challenge, your family will continue practicing the most effective activities until they become a lasting and positive habit.

	Day 1	Day 2	Day 3	Day 4	Day 5	Bonus Day!
<b>Week 1</b>	<b>*Morning*</b> Wake up on time! Try <a href="#">Seal Jacks</a> .  <b>*Bedtime*</b> Listen to some relaxing sounds. Listen to <a href="#">Progressive Muscle Relaxation Instructions</a> and <a href="#">Narration</a> . Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Zottman Curls Movement</a> .  <b>*Bedtime*</b> Read a book or story. Relaxing sound <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Crab Tricep Dips</a> .  <b>*Bedtime*</b> Turn on sound. Complete routine: <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Sit-ups with Lorenzo</a> .  <b>*Bedtime*</b> Practice routine: <a href="#">Muscle Relaxation</a> . Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Jumping Jacks</a> .  <b>*Bedtime*</b> Practice routine: <a href="#">Muscle Relaxation</a> . Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Simple Total Body Cardio and Strength</a> .  <b>*Bedtime*</b> Practice routine: <a href="#">Muscle Relaxation</a> Set your alarm.
<b>Week 2</b>	<b>*Morning*</b> Wake up on time! Try <a href="#">Chair Tabata</a> .  <b>*Bedtime*</b> Bedtime routine: <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Cardio Drumming</a> .  <b>*Bedtime*</b> Bedtime routine: <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Jumping Sticks</a> .  <b>*Bedtime*</b> Bedtime routine: <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Power Punching</a> .  <b>*Bedtime*</b> Bedtime routine: <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Deck o' Fun</a> .  <b>*Bedtime*</b> Bedtime routine: <a href="#">Muscle Relaxation</a> Set your alarm.	<b>*Morning*</b> Wake up on time! Try <a href="#">Yoga and Stretching</a> .  <b>*Bedtime*</b> Bedtime routine: <a href="#">Muscle Relaxation</a> Set your alarm.



# PHYSIOLOGICAL NEEDS: SLEEP

	Day 1	Day 2	Day 3	Day 4	Day 5	Bonus Day!
<b>Week 3</b>	<p><b>*Morning*</b> Wake up on time! Try <a href="#">Movement Flow</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Try <a href="#">Circuits</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Try <a href="#">Hurdle Tabata</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Try <a href="#">Cardio Kickboxing</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Try <a href="#">Get Stronger</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Try <a href="#">Screen Time</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>
<b>Week 4</b>	<p><b>*Morning*</b> Wake up on time! Family breakfast Try <a href="#">Lower Body Cardio Circuit</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Family breakfast Try <a href="#">Hip and Glute Mobility</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Family breakfast Try <a href="#">Chair Tabata</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Family breakfast Try <a href="#">Leg Day</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Family breakfast Try <a href="#">Total Body Cardio and Strength</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>	<p><b>*Morning*</b> Wake up on time! Family breakfast Try <a href="#">Ball Handling</a>.</p> <p><b>*Bedtime*</b> Bedtime routine <a href="#">Muscle Relaxation</a> Set your alarm.</p>