



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

Why is sleep important to children?

28th October 2019

-Promoting Sleep

Adequate sleep contributes to a student's overall health and well-being.

Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance.

Sleep disturbance can be the result of anxiety, stress or physical problems/conditions.

Age Group	Recommended Hours of Sleep Per Day	Nap Hours at ACIS
1 to 3	12 – 14 hours	2 hours
3 to 5	11 – 13 hours	1.25 hours
5 to 12	9 – 12 hours	-
12 to 18	8 – 10 hours	-

ACIS strongly encourage parents to:

- Set a regular bedtime and rise time, including on weekends
- Make sure the bedroom is quiet, cool, dark, and comfortable
- Limit food and drink before bedtime
- Consider limit technology use after a certain time or prior to bed



ACIS School Nurse Office