

A Sleep Routine for Success in School – Interview Transcripts

SOT

Dr. Sarah Zallek, OSF Sleep Neurologist

“Sleep is really important for school for a bunch of reasons, including being awake, but also being alert, and attentive, paying attention, not just staying awake. And also being able to learn. Cognition, learning, memory are all affected by not having enough sleep, even if you’re not sleepy.” (:16)

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“If you have sort of a routine that happens relatively the same each night: dinner, playtime, bath time, story time, brush teeth, however you do it. Having kind of the same routine each night helps the child consciously and unconsciously realize that it’s time for sleep to happen.” (:17)

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“If your child is sleepy, falling asleep or feeling like they have to resist sleep during the daytime, that’s the first clue. The second clue is if they are inattentive or not paying attention or not sitting still, all those can be related to not getting enough sleep.” (:14)