NURSE NEWS

Stay connected and stay healthy   Cotati-Rohnert Park Unified School District

Sleep and Your Health

Sleep affects our health. Regular sleep is important because young peoples' bodies grow and build muscle during sleep. Our bodies need rest to repair damage, fight illness, and clear toxins. Our minds need time to rest and relax.

Inadequate sleep increases risk for obesity, chronic illness, moodiness, poor mental health, accidents, and even early death. Did you know that sleep also affects learning, memory, motor skills, and our body's ability to fight infections? Learn more about how lack of sleep affects how kids learn.

People need different amounts of sleep depending on their age. School-aged children need 9-12 hours and teenagers need 8-10 hours of sleep every night. Yet 45% of teens report getting less than 8 hours sleep per night. It is not possible to "catch-up" on sleep and over time, lack of adequate sleep changes how our body manages the energy needed to think, learn, and grow. How much sleep do you need?

The cycle of sleeping and being awake is balanced by the brain. Exposure to light has the most effect, but many parts of the environment also impact the brain's management of sleep. These tips can help you get a good night's sleep:

- Go to bed and wake up at the same time each day
- Make sure your bedroom is quiet, dark, and a good temperature
- Remove electronic devices from the bedroom
- Avoid eating or drinking before bedtime
- Exercise. Physical activity can help you fall asleep easier at night.

Oral Health

Did you know that tooth decay (cavities) is the most common chronic disease in children in the United States? Tooth decay is more common than obesity, asthma, hay fever, and diabetes!

Children with poor dental health experience pain and have trouble concentrating in school. Dental disease can lead to problems with eating, speaking, social interactions, and even future work potential! Left untreated, dental decay infects the teeth and gums, and can spread to the brain, heart, and blood, occasionally resulting in death. Yet tooth decay is also almost entirely preventable!

- Everyone should brush twice a day with fluoride toothpaste.
- Use mouth wash that contains fluoride • Drink fluoridated water
- Ask the dentist to apply dental sealants (in childhood)
- Get regular dental hygiene care • Avoid sugary foods and drinks

For more information about steps the whole family can take to reduce cavities and special risks for tooth decay.

Click to watch: Whatever Your Style – Brush!

HEALTHY EATING

Green Smoothie

Ingredients:
- 1 banana
- 1 cup of kale or spinach
- ½ cup of apple juice
- ½ cup of ice water

Directions:
Blend all items for 15 seconds and enjoy

GET MOVING

Exercise for Better Sleep

Physical activity improves sleep and increases sleep duration. Read more.

- Make an exercise routine.
- Morning exercises are usually the best choice, but find time whenever you can.
- 10+ minutes of aerobic exercise brisk walking, cycling, running) can increase endorphins.
- Select exercises that increase core body temperature which helps regulate circadian rhythm.

Click for The Best Exercises for Sleep

Marta Posada, COVID Coordinator breaking to stretch while assisting at the COVID clinic.

KEEP CALM AND...

Listen to Music

Music is the most beautiful language for communicating. Music can benefit our physical and mental health. Some benefits of music include:

- Reducing blood pressure and pain.
- Improving mood and relieving depression and anxiety.
- Increasing relaxation and helping us fall asleep.

Music can help us build confidence and improve our attention and capacity to learn. Read more about the benefits to music here. Listen to some something relaxing right now.