Sleep Health SH-3

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# Introduction

One of the basic body functions is to sleep. It is an important part of the routine of a person and in order to make sure that the healthy lifestyle is being adopted, it is imperative that lot of sleep has to be carried out. It has been well documented that how lack of sleep leads towards inability towards concentrating anything, learning capability of the person as well as how their mental and physical health pans out. On the other hand, lack of sleep can lead towards higher blood pressure as well. In this paper, it is going to be seen that how important sleep is for the children aged 9 years to 12 and what are some of the thing that can be done to ensure that this segment of the populace is able to sleep well (Fricke et al, 2017).

# Sleep and Its importance to the Health promotion

Time and time again it have been seen that sleep plays an important role in the sleep promotion. There is empirical evidence that goes to show that how kids that tend to sleep regularly have improved attention span and their mental and physical health is much better as compared to the people who do not sleep much (Fricke et al, 2017). The other thing that has to be noted is that if not enough sleep is taken, then it might result in higher blood pressure and at times, there are complains that it might lead towards depression as well. Now, the amount of sleep that one gets is subjective, but the general tendency is that children who are around the age of 9 to 12 years are supposed to have sleep of about 9 hours a day so that their body is able to function in a proper manner (Sadeh et al, 2016). The other thing that has been witnessed from the research is that how if not enough sleep is taken, then it might have an impact on the growth pattern of the person as well. Researchers believe that if not enough sleep is taken, then it is bound to have consequences for the immune system of the person (Fricke et al, 2017).

# Statistics Regarding Sleep

It has been observed that the children who are in the age group of 9-12 years are getting average 6-7 hours’ sleep per day (Fricke et al, 2017). There are many reasons for this disturbed sleep pattern and one of the core reasons that it is such a major issue is due to the fact that there are number of distractions available to the children (Sadeh et al, 2016). For instance, the extensive usage of the electronic gadgets, the lack of adjustment on the part of the patterns, gaming and other sources of entertainment means that the children these days are not supposed to sleep that much as compared to the time period where there were not much avenues for the sleep (Spilsbury et al, 2018). The other reason that the children are not able to sleep is due to the fact that the study schedule and the curriculum is quite extensive these days and due to that, children have a hard time sleeping. It has been estimated that about 65 % of the children in the given age are not able to sleep well (Fricke et al, 2017).

# How to Improve the Quality of the Sleep

One of the things that can be one to take care of this problem that whatever the little sleep that has been taken by these children; the quality of the sleep should be such that they are able to rejuvenate their body after the sleep. There are many things that the different health articles have talked about when it comes to making sure that how the quality of the sleep can be improved and following are some of the ways it can be done (Fricke et al, 2017).

* Setting up a definitive time for sleep is one of the key things that has to be done
* There has to be a bed time routine for the children which they must be following strictly
* The food and the drinks that take out the ability to sleep must be stopped, specifically caffeinated drinks must be avoided at all the costs.
* Getting rid of the television and other electronic devices is another thing that can be done to ensure better sleep quality.

# How this Information Can be Used in Health Promotion Plan

There are lot of things that one gets to learn from these plans regarding how the quality of the sleep is missing (Fricke et al, 2017). The first thing that is going to be inculcated in the plan is that it is going to be made sure that the children and the primary students are much more aware of some of the thing that they need to do to ensure that how they are able to improve their quality of sleep. Not only that, the other thing that has to be done is to ensure that much more awareness level has to be created with regards to how the sleep patterns of the students are needed to be monitored. Sleep is an essential part of everyone’s routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

**References**

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