



Sleep and Remote Learning

Sleep has always been important for children:

“During the elementary and early middle school years, kids typically require nine to 11 hours of sleep per day (and all of it at night).” - Sleep.org

Students who do not get enough sleep at night are less able to focus and concentrate during learning time. Remote learning for many students requires a level of focus they may not have experienced in school before.

For more information on Sleep Tips and Bedtime Routines check out these websites:

<https://myslumberyard.com/blog/back-to-school-bedtime-during-covid/>

<https://www.mabelandmoxie.com/How+Virtual+Learning+Impacts+Children's+Sleep>