



Snooze Smart

Did you know?

A study from Baylor University* found that even getting just 46 more minutes of sleep each night can boost well-being. The research showed that extra sleep helped people feel more resilient, grateful, and positive about life. It also made them more likely to do kind things, like donating to charity. On the other hand, getting less sleep led to the opposite effect—lower mood and less gratitude. The study highlights how improving sleep can have a big impact on both personal well-being and how we interact with others.

So how can children and young people develop good sleep habits?

1 Sleep-Friendly Spaces

Make the bedroom a calming, sleep-friendly environment by using soft lighting, cozy blankets, and reducing clutter. A peaceful, quiet room encourages better sleep and signals to the body that it's time to rest.

2 Sleep Journal

Encourage children and young people to keep a simple sleep journal, where they can note how they felt throughout the day, what helped them feel calm before bed, and how well they slept. This can help them identify habits that work best for their sleep.

3 Sleep-only bed

Teach children and young people to associate their bed with sleep and relaxation only, not activities like playing, studying, or watching TV. This builds a stronger mental connection between their bed and rest, helping them wind down more easily when it's time to sleep.

Reference



Do, A. H., Schnitker, S. A., & Scullin, M. K. (2024). [Gratitude, flourishing and prosocial behaviors following experimental sleep restriction and sleep extension. The Journal of Positive Psychology, 1-12.](https://doi.org/10.1080/17439760.2024.2394452) <https://doi.org/10.1080/17439760.2024.2394452>