HEALTH AND WELLNESS

Healthy Sleep Habits = Better Learning

At Pierce Terrace Elementary School (PTES), we recognize that a good night's sleep is one of the most important ways to help children stay healthy, focused, & ready to learn. When students get enough rest, they have more energy, improved concentration, & better moods—all of which lead to higher academic performance & positive classroom behavior.

Why Sleep Matters for School Success

- Children ages 4-6 need 10–13 hours of sleep per day, including naps. Children 6 & older need 9-12 hours without a nap.
- Adequate sleep improves memory, creativity, & attention span.
- Well-rested students are less likely to experience stress or emotional ups & downs.
- Sleep helps strengthen the immune system & supports physical growth.

Healthy Sleep Habits for Families

- Establish a consistent bedtime & wake-up routine — even on weekends.
- Turn off screens (TV, tablets, phones) at least one hour before bedtime.
- Create a calm, cool, & quiet sleep environment.
- Encourage relaxing bedtime rituals like reading or listening to soft music.
- Limit caffeine & sugary snacks in the evening.
- Model healthy sleep routines — children learn by example!

"Rested minds are ready minds — and ready minds are eager to learn!"

Pierce Terrace Elementary School
Building Wellness, One Night's Rest at a Time!