

5 WAYS YOU CAN IMPROVE YOUR SLEEP AND GET BETTER GRADES

CANADIAN SLEEP SOCIETY, CANADIAN SLEEP AND CIRCADIAN NETWORK,
AND IMMERSCIENCE

Sleep to Get Good Grades?

It's back to school time. Are you wondering how to prepare for it? Here are some suggestions that will help you stay alert and be at your best all year long.

At work and at school, the pillars on which optimal performance is based are healthy eating, regular physical activity and healthy sleep. And yes, all these directly affect your school results.

Did you know that increasing the number of hours of sleep could increase your grades? Yes, simply by sleeping more or better.

For example, a study found that students with C, D, or F grades averaged 25-30 min less sleep per weeknight than did their peers with better grades. In addition, better sleep efficiency has been found to be associated with better report card grades in Math, English, and French among Canadian students.

Sleep plays critical roles in optimizing the learning process and memory, and our ability to learn after a busy day.

A rested brain is a brain that is able to be attentive in class without needing superhuman effort not to fall asleep – head on the desk – in front of the teacher.

A rested brain is more creative, cheerful, motivated, and open to others than a brain that rushes out of bed and struggles to find the energy to keep your eyes open.

How can one get better sleep?

Here are healthy sleep habits:

1. You should create a relaxing routine before going to bed and avoid intense light sources, including computer screens and other electronic devices.
2. You should not drink beverages containing caffeine, like energy drinks.
3. You should go to bed at the same time every night and wake up at the same time every morning.
4. You should get the proper amount of sleep according to your age. School age children need 9 to 11 hours of sleep per night; teenagers need 8 to 10 hours and adults need 7 to 9 hours. Which means that if you need to get up at 7am every morning, you should go to sleep around 9-10pm...
5. When you sleep, you should allow your brain and body to rest! This means you should turn off all electronic devices and should not answer messages at night. For the brain to recharge at night and do its work, it cannot be interrupted.



So tonight, think about it and put your brain to bed at a reasonable time, dear student. It's a simple and effective way to ensure productive and enjoyable school days. Parents, the brain of your teens still need your help; turn off the lights to light up your youth.

About Canadian Sleep Society

<https://scs-css.ca/>

The Canadian Sleep Society is a national organization committed to improving sleep for all Canadians through: support for research, promotion of high quality clinical care, education of professionals and the public, and advocacy for sleep and sleep disorders medicine
Promoting Healthy sleep for healthy Canadians.

About Canadian Sleep and Circadian Network

<https://www.cscnweb.ca/about-cscn>

The Canadian Sleep and Circadian Network (CSCN) is national in scope and is committed to scientific excellence in the generation of new knowledge and its translation. We look to better understand sleep disruption and its impact so we can foster healthier sleep and healthier Canada

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