

# School should improve sleep

SCHOOL and home help can improve children's poor sleep habits, a study shows.

The study highlights the link between inadequate sleep levels in children and poor engagement at school.

The study found that poor sleep duration causes excessive daytime sleepiness, leading to problems with concentration, attention and cognitive functioning.

Carried out by Dublin City University (DCU) researchers at the Educational Disadvantage Centre, findings show that there was a notable improvement of 31 per cent in daytime sleepiness following trialled techniques.

There was also a 21 per cent improvement in bed and wake times and an increased awareness of the negative impacts of the use of electronic media on sleep.

## Diaries

The programme included school lessons on sleep health, parental involvement in the form of a session with a sleep health consultant and diaries by children allowing them to reflect on their own sleeping habits.

Dr Paul Downes, Director of the Educational Disadvantage Centre, said: "Education and health need to be linked and should not be dealt with separately within State policy which it continues to be."



**STUDY: Kids' sleep habits**