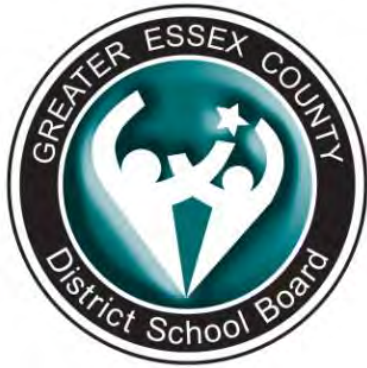


SLEEP: Our journey to have our students sleep more *(and not in class!)*

Canadian Educators Conference on Mental Health
Toronto, November 8, 2018



Dr. Sharon Pyke
Superintendent of Student Well-Being

Greater Essex County District School Board

Welcome to Windsor/ Essex County



Largest international fireworks celebration held annually on the Detroit River



Greater Essex County District School Board

The Four Domains of Well-Being

Physical

The development of the body, impacted by physical activity, sleep patterns, healthy eating and healthy life choices.



Cognitive

The development of abilities and skills such as critical thinking, problem solving, creativity and the ability to be flexible and innovative.

Emotional

This involves learning about experiencing emotions, and understanding how to recognize, manage and cope with them.

Social

The development of self-awareness including the sense of belonging, collaboration, relationships with others, and communication skills.





SLEEP



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How much sleep do we need?

- ✓ Adults- 7-9 hours
- ✓ **Adolescents (12 years plus) 8-10 hours**
- ✓ Children (6-12 years) 9 - 11 hours
- ✓ Toddler (3-5 years) 11- 13 hours



At what time should your child go to bed?

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Sleeping time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

From: Wilson Elementary School's Facebook in Kenosha, Wisconsin.

Adolescent Sleep research highlights:

- American Academy of Pediatrics (2014) notes that adolescents have chronic sleep loss and this lack of sleep is deemed to be a public health risk.
- Canadian Paediatric Society (Cummings, 2018) state that 15 – 25% of adolescents have trouble falling and staying asleep



- Approximately, one third of all Canadian children and adolescents do not get the national sleep requirements (Gariepy et al., 2016) with 16 -17 year olds being at higher risk. (Chaput & Janssen, 2016).
- While 2/3 of the adolescents surveyed were sleeping the required number of hours, 60% reported feeling sleepy (Gariepy et al., 2016).
- The ideal time for sleep is between 11 p.m. and 8 a.m.
- One study indicates that adolescents need optimally 9.2 hours of sleep each night (Carskadon et al., 2004).



Why do adolescents need more sleep?

- ✓ Bodies and minds are growing
- ✓ Belief that they can “catch up” on their sleep
- ✓ Status seeking of telling their peers that they function really well without hours of sleep
- ✓ Cusp of adulthood - some work and go to school.



Why does it matter?

Lack of adequate sleep for adolescents contribute to:

- ✓ increased acute illnesses (Orzech et al., 2014)
- ✓ increased mental health/behaviour issues (American Academy of Pediatrics, 2014)
- ✓ reduced academic achievement (Carskadon et al., 2004)
- ✓ school lates
- ✓ decreased reaction times which cause accidents
- ✓ memory, concentration and motivation (Canadian Paediatric Society, 2018)
- ✓ biological and socio-emotional factors which impact wake/sleep patterns



Biological research highlights:

- Homeostatic sleep drive
- Circadian rhythm



Why are they NOT getting enough sleep?

- they self-regulate their bed time as opposed to parental enforced;
- extracurricular activities begin and end later in the evening;
- in later adolescence, students will decrease sleep time to complete school work (Crowley et al., 2007).
- excessive electronic use in the evening hours can decrease sleepiness. In a Canadian survey, 39% of adolescents self-reported that they sleep with their cell phones (Mediasmart, 2013).
- other contributing factors that decrease sleepiness is watching television prior to going to sleep, or video game playing especially if it emits brightness of light which interferes with the secretion of melatonin (Crowley et al., 2007)



Difference between **quantity** of sleep and the **quality** of sleep



Greater Essex County District School Board

Our Board's context:

- Have 14 secondary schools in addition to our alternative secondary school, our expulsion program, and two sites with secondary schools attending Care and Treatment, Custody, and Correctional programs.
- Buses for our students in the county with range of pick up times (6:30– 8:02 a.m.)
- With the exception of two schools (8:00 and 8:10), schools begin between 8:15 – 9:00 a.m. - 91% start after 8:15; 33% after 8:30 a.m.



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School Climate Survey Results (2017)

Grade 4 - 6

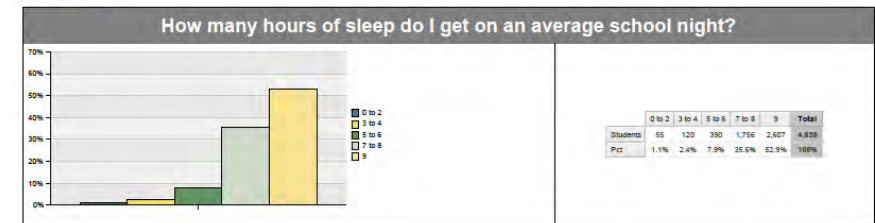
Hours	0 to 2	3 to 4	5 to 6	7 to 8	9	TOTAL
Students	55	120	390	1,756	2,607	4,928
Percentage	1.1%	2.4%	7.9%	35.6%	52.9%	100%



Greater Essex County District School Board 2017 School Climate Survey - Grades 4-6

Healthy Living & Well-Being

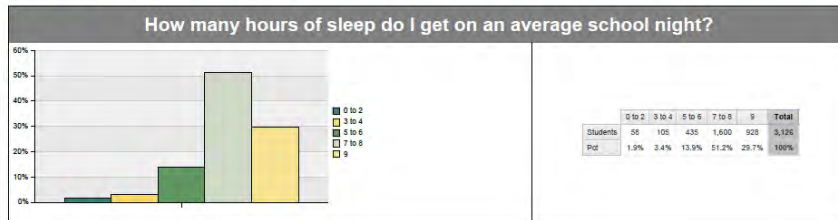
[Return to Table of Contents](#)



Greater Essex County District School Board 2017 School Climate Survey - Grades 7-8

Healthy Living & Well-Being

[Return to Table of Contents](#)



Grade 7-8

Hours	0 to 2	3 to 4	5 to 6	7 to 8	9	TOTAL
Students	58	105	435	1,600	928	3,126
Percentage	1.9%	3.4%	13.9%	51.2%	29.7%	100%

Grade 9-12

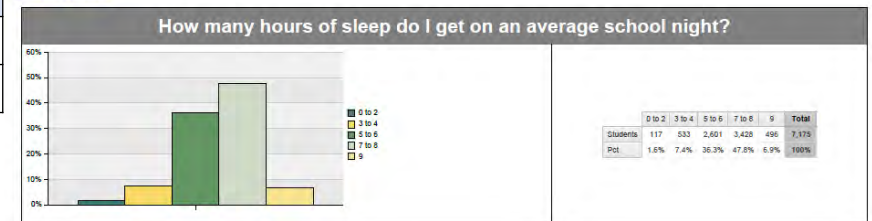
Hours	0 to 2	3 to 4	5 to 6	7 to 8	9	TOTAL
Students	117	533	2,601	3,428	496	7,175
Percentage	1.6%	7.4%	36.3%	47.8%	6.9%	100%



Greater Essex County District School Board 2017 School Climate Survey - Grades 9-12

Healthy Living & Well-Being

[Return to Table of Contents](#)



Our Plan:



Mental Health Well-being Strategic Plan 2017-2020
2017-18 Action Steps



2017-2020 GOALS	2017-18 ACTION STEPS	EXPECTED OUTCOMES	NOTED OUTCOMES
<p>Increased ability of children and youth to cope with stress</p>	<p>Support the 3rd Youth secondary school well-being and mental health summit</p> <p>Committee to determine the promotion of sleep hygiene campaign with secondary students</p>	<p>Each school to determine a school outcome to promote the topics of sleep hygiene, Be Safe app, mindfulness. Follow up on level of engagement</p> <p>Partner with community for campaign</p> <p>Consult with our Student Senate on how to promote within the schools.</p> <p>Presenting to GECPIC Measure the effectiveness of the campaign</p>	



Sleep Hygiene Message Pen

(for distribution by our Student Senate members – 4,000 pens)

On the Barrel:

GECDSB Importance of Sleep

Teens require 8 to 10 hours nightly



6 Messages:

- Morning dose of sunshine
- Avoid naps
- Turn off all electronics one hour before bedtime
- Associate bed with sleep
- Keep a cool, quiet, dark bedroom
- Avoid emotional conversations before bed



Greater Essex County District School Board

Power of Student Senate

- ✓ All made sleep awareness/ hygiene announcements
- ✓ Some had mental health events
- ✓ All distributed the pens to students with campaign about benefits of sleep
- ✓ Sleep hygiene tips promoted



Specialized High Skill Major

- Engaged in a program by Sleep Clinic Medical personnel
- Learned about brain development and its link to sleep, impact on reaction time, and how they treat sleep disorders
- Explored technology used to get information about individuals' sleep patterns
- Posed with the challenge – “How do we get the message to students in our schools about the importance of sleep?”
- Went back to the school to design campaigns on what they learned.



Sleep Hygiene Practices

Sleep hygiene is the evening routines to relax the body and mind to promote good sleeping

- Food – do not go to bed on a full stomach or with an empty stomach. Have a healthy snack
- Caffeine – affects everyone differently. Research agrees to avoid caffeine 6-8 hours before bedtime.
- Nicotine/alcohol – nicotine tells your brain to stay awake and alcohol interferes with your sleep patterns.
- Water – drinking before bed may lead to having to get up in the middle of the night, which may keep you awake.



Controlling the sleep environment:

- ✓ Dark and comfortable
- ✓ Bedroom for sleeping
- ✓ Regular bed time and routine
- ✓ Avoid bright screen
- ✓ Calm your mind
- ✓ Sometimes just write out what is bugging you then go to sleep
- ✓ Avoid having to use herbal remedies or prescription medication to get to sleep
- ✓ Try muscle relaxation
- ✓ Breathing exercises
- ✓ Do not look at the clock
- ✓ Avoid napping
- ✓ Watch for sleepwalking, nightmares, or bed-wetting



Our Board Improvement Plan:

Increased Well-Being

- Whole school approach to creating safe, accepting, inclusive, respectful, healthy learning environments
- Healthy school policies and programs
- Daily Physical Activity (DPA)
- Awareness of mental illness and where to get assistance.
- Supports for students to cope with stress
- Promotion of a shared language



Greater Essex County District School Board

Our Plan:

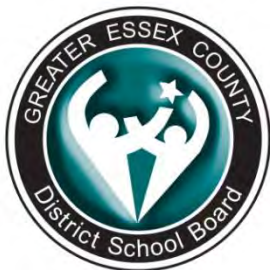


Mental Health Well-Being Strategic Plan 2017-2020

2018-2019 Action Steps



2017-2020 GOALS	2018-2019 ACTION STEPS	EXPECTED OUTCOMES	NOTED OUTCOMES
<p>Increased ability of children and youth to cope with stress</p>	<p>Support the 4th Youth Secondary School Well-Being and Mental Health Summit</p> <p>Committee to determine the campaign on student's use of electronics and sleep</p>	<p>Each school will determine a school outcome to promote the topics such as electronic usage, sleep. Follow up on level of engagement</p> <p>Partner with community agencies on the screening of the movie Screenagers</p> <p>Consult with our Student Senate on how to promote sleep hygiene within the schools.</p> <p>Presentations on sleep hygiene to high school physical education classes</p>	



Plan for 2018-2019 Goals:

- Sleep campaign has now expanded to included excessive use of electronics
- Goal set to see a 10% increase in numbers of students getting the required sleep in School Climate Survey
- Partnered with our local Health Unit on promotion
- Primary focus of our Student Mental Health Summit
- Educating our families
- Social workers offering presentations to students
- Individual school plans
- Individual school research



Greater Essex County District School Board

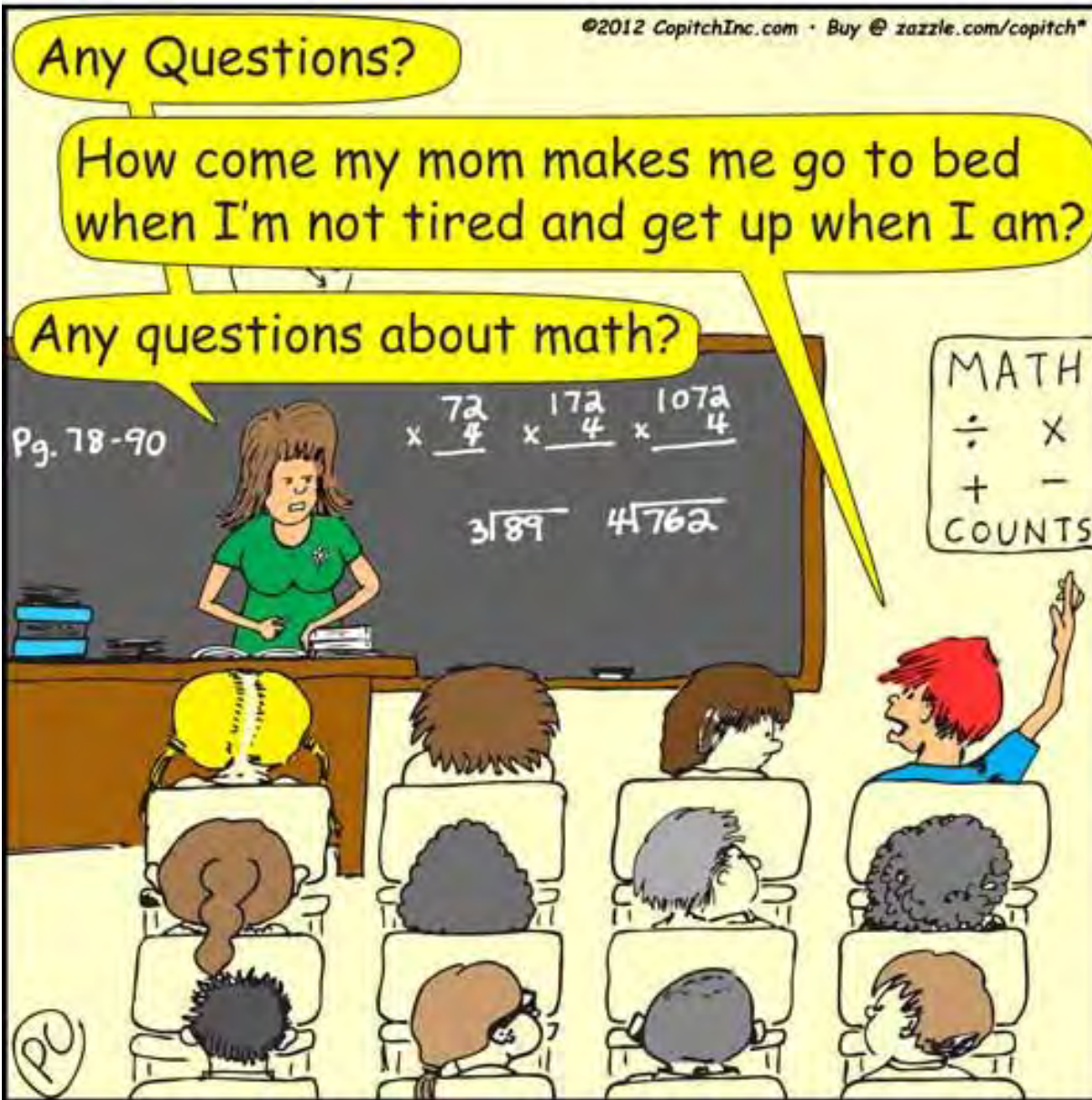
Questions for 2019 School Climate Survey:

*	7. On a usual SCHOOL NIGHT, how many hours of sleep do you get?	
<input type="radio"/>	less than 4 hours	
<input type="radio"/>	4 hours to less than 5 hours	
<input type="radio"/>	5 hours to less than 6 hours	
<input type="radio"/>	6 hours to less than 7 hours	
<input type="radio"/>	7 hours to less than 8 hours	
<input type="radio"/>	8 hours to less than 9 hours	
<input type="radio"/>	9 hours or more hours	

*	8. A good night's sleep happens when you do not have problems falling asleep once getting to bed, you do not have difficulty staying asleep, and you feel awake during the rest of your day. On a usual WEEK, how often do you get a good night's sleep?	
<input type="radio"/>	Never	
<input type="radio"/>	1 day a week	
<input type="radio"/>	2 days a week	
<input type="radio"/>	3 days a week	
<input type="radio"/>	4 days a week	
<input type="radio"/>	5 days a week	
<input type="radio"/>	6 days a week	
<input type="radio"/>	Everyday	



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Happy to connect with you
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Greater Essex County District School Board

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