

すこやか

There are many benefits to going to bed early!

The saying "A sleeping child grows up" was true !!

Before the growth measurement, I gave a mini health instruction class. This time it was about "Sleep". It is said that children today, compared to children in the past, sleep late. Many people think that sleep is only for resting a tired body. But that is not all. Many good things happen to the body while we sleep. If you do not go to bed early, you will miss out on many benefits!



By going to bed early you will receive 4 great gifts!

While we sleep, we have "light" and "deep" sleep, over and over again in the same rhythm. And when we go to bed early and enter a deep sleep, we gain something that is very important for everyone's growth.



4 Wonderful Gifts

- ① Bones and muscles grow, the body gets bigger and the skin becomes conditioned.
- ② We can organize things in our heads and have increased concentration and memory.
- ③ We rest our body and mind and become healthier, protecting our body from diseases.
- ④ We become calmer and more relaxed.



But, if we sleep late or play games or just use our cell phones before going to sleep, we will end up not receiving this gift or we will receive a very small gift.



What's wrong with sleeping late?

Loses appetite in the morning

Cannot concentrate

Tires easily

Gets sick quickly

Gets nervous quickly

Becomes obese



Not only will you miss out on an important gift for your body's growth, but your grades or physical abilities may suffer. You will catch the flu easily. You will get nervous quickly. You will gain weight easily. And you will have little physical growth... This could result in several demerits.

The number of hours of sleep required for a primary school student is 9 to 10 hours. From 1st to 4th grade, try to sleep until 9 pm. From 5th to 6th grade, try to sleep until 10 pm.



Don't play games or watch anything on your phone !

By watching TV or playing games before going to sleep, you can delay sleep with the stimulation or brightness of devices, so the hours of sleep will decrease and the sleep will become of poor quality. And in this elementary age, a very important time for the development and growth of people, in order to have good quality sleep and sleep sufficiently well, 1 hour before going to sleep you should not use media such as cell phones or games and it is advisable to get used to preparing for sleep.

The growth measurement results have been delivered.
Check the child's growth and keep the results at home.

