



HPRS

SNAPSHOT



SLEEP AND SCREEN TIME

Grades		
4-6	6%	12%
7-8	8%	15%
9-12	12%	21%

Percentage of students feeling too tired to come to school by electronic device use before bed

Sleep is important because it allows the body and brain to rest, recover, and develop. For children and youth, getting enough sleep is essential for physical growth, cognitive function, emotion regulation, and overall well-being. Poor sleep negatively impacts mood, academic performance, and mental health. When students struggle in these areas, they are more likely to be stressed, anxious, unfocused, or absent from school.



In the Ontario Health and Peer Relations Study (HPRS), we ask students who have missed school in the past two weeks to tell us why. Students in Grades 4-8 were almost twice as likely to say they felt too tired to come to school if they used electronic devices before bed compared to students who did not (12% vs 6% for Grades 4-6 and 15% vs. 8% for Grades 7-8).

Absentee rates in Grades 9-12 were even higher, with 1 in 5 students who used electronic devices before bed (21%) missing school because they felt too tired.

What You Can Do

- Teach students about the importance and health benefits of a good night's sleep.
- Encourage students to turn off mobile devices, tablets, and laptops at least an hour before bed.
- Remind students before due dates for important assignments (essays, exams, etc.) to prioritize their sleep.

Research Spotlight

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Sleep is foundational to students' learning, behaviour, and overall well-being. However, screen use before or during the night can delay sleep and reduce sleep quality. Educators may find it helpful to remind students that keeping devices out of the bedroom and powering them down about an hour before bedtime supports faster sleep onset and more restorative rest. When students get enough sleep, they feel happier and more equipped to succeed in school with improved focus and emotion regulation.

To learn more about the HPRS, visit our website at hprs.ca.