









# HPRS SNAPSHOT



## SLEEP AND SCREEN TIME

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.

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

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

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.

"As a parent, we all want to set our children up for success. One of my standard recommendations for parents in my clinic is to remove their children's electronic devices from the bedroom about an hour before bedtime to promote faster sleep onset and deeper, restorative sleep."

Dr. Gary Goldfield, Ph.D. C. Psych., Full Professor, uOttawa and Senior Scientist, CHEO Research Institute



### What You Can Do

- Be sure your child turns off all electronic devices at least one hour before they sleep.
- Encourage your child to store their mobile device, tablet, or laptop away from their bed so they are not tempted to use them in the middle of the night.
- If your child is consistently missing school due to fatigue, consider limiting their access to electronic devices at night.



To learn more about the HPRS, visit our website at [hprs.ca](http://hprs.ca).