



## Get the Facts!

# Learn How **Sleep**, **Activity**, and **Nutrition** Can Positively Influence Your Child's School Performance

### Academic Performance

- It feels good to do well in school. Did you know that children who are more active score better on tests and get better grades? Help your children choose some fun activities where they have to be active for at least 60 minutes every day! This equals about 11,000 to 13,000 steps a day and activity really can help to improve their grades!
- Did you know that children who get enough sleep each night are more alert and creative? Their moods, balance and coordination are generally improved and with the right amount of sleep for their age, children think more clearly and remember things better!
- Providing your children with good nutrition choices supports their ability to think and learn. The USDA's "MyPlate" is a great resource to easily understand how to achieve this goal.

### Physical Health and Performance

- Developing an active lifestyle when we are young has lifelong benefits. We know children who are active from a very early age have lower rates of injury, better bone health, and are less likely to become overweight or obese as adults.
- Putting your children to bed at night so they get enough sleep benefits everyone! You get a little more time to yourself and they get positive benefits to their mental, emotional, and physical growth and development.

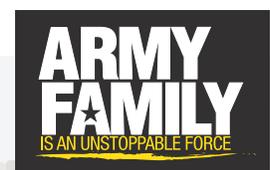
- We know sleep-deprived children are at higher risk for being overweight or obese. Not convinced? Without enough sleep, it is harder for children to produce enough of the hormones they need to promote normal growth and it takes longer for those cuts and bruises to heal!
- A well-balanced diet reduces a child's risk of being overweight or obese, it strengthens their muscles and bones, and it improves their overall energy levels.

### Behavior

- We can all move more throughout the day! Encourage your child to get 60 minutes or more of play and activity during the day. This reduces stress and anxiety in children and it is known to decrease some of the symptoms of Attention Deficit Disorder (ADD)/Attention Deficit Hyperactivity Disorder (ADHD).
- Children who are well rested are just more fun to be around! They tend to cooperate more, have better control over their emotions and are typically more motivated throughout the day. Sleep really does contribute to their ability to pay attention and they are likely to do better in school.
- Take the time to help kick-start your child's day with a healthy breakfast. A good breakfast can improve their mood and attitude and help them to stay focused in class longer.



LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
**SLEEP, ACTIVITY, AND NUTRITION.**  
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)





## Army Performance Triad Online Resources for Parents and Kids

National Sleep Foundation  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

Children's Storybook Apps from the American Academy of Sleep Medicine  
<http://www.aasmnet.org/childrensapp.aspx>

Sleep for Kids, Teaching Kids the Importance of Sleep  
<http://www.sleepforkids.org/>

American Heart Association's Recommendations for Physical Activity  
<http://bit.ly/1jLScPG>

Kids.Gov Exercise and Nutrition - Children  
<http://kids.usa.gov/exercise-and-eating-healthy/exercise/index.shtml>

Kids.Gov Exercise and Nutrition – Teens  
<http://kids.usa.gov/teens/exercise-fitness-nutrition/index.shtml>

Kids.Gov Exercise and Nutrition – For Parents  
<http://kids.usa.gov/parents/exercise-fitness-nutrition/index.shtml>

Let's Move!  
[www.letsmove.gov](http://www.letsmove.gov)

We Can! (Ways to Enhance Children's Activity and Nutrition)  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

USDA Choose My Plate website:  
<http://www.choosemyplate.gov>

Kids Eat Right  
<http://www.eatright.org/kids/>

Fruits and Veggies, More Matters  
<http://www.fruitsandveggiesmorematters.org/>

Eat Healthy Your Way  
<http://www.eathealthyourway.net/>

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School  
<http://www.eatright.org/Public/>

Human Performance Resource Center, Family and Relationships  
<http://hprc-online.org/family-relationships>

American Academy of Pediatrics  
<http://www.aap.org>



LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
SLEEP, ACTIVITY, AND NUTRITION.  
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

