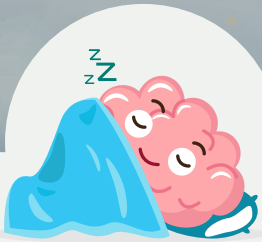


Uvikkavut Qanuippat

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According to the 2022 Uvikkavut Qanuippat? survey, about 30% of high school students sleep the recommended number of hours for their age group during the school week.



The National Sleep Foundation recommends the following sleep durations



Ages 13 and under
9-11 hours/night



Ages 14-17
8-10 hours/night



Ages 18 and up
7-9 hours/night

Sleeping well is caring for ourselves, helping us to be healthier and more aware. What do you think of these ideas? Do they make sense to you?

Tips to get good rest

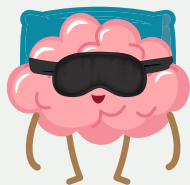


Limit screen time before bed

Reduce or avoid phone use and turn off notifications. Blue light and stimuli are not good before bedtime.

Block out the light

Cover windows with non-transparent material to create a darker sleep environment. When on the land, eye masks or a shirt over your eyes could help.



Get creative

Put some relaxing music on, a podcast, a fan for white noise, wear earplugs, plan exciting activities for the next day, read a book. You can try and find what works best for you.

Reach out if needed

If sleep issues persist, don't hesitate to contact a healthcare professional for support.

