

Tired Students

Tired students, from kindergarten through high school, are a major concern of teachers in the classroom. Students are not able to work and learn to the best of their potential when they are tired. As adults, we are aware of the kinds of things that can interfere with our sleep. We are also aware of how we feel and how we function if we haven't had good sleep. This applies to our children as well.



Symptoms of too little quality sleep may include:

- * Tiredness
- * Irritability
- * Edginess
- * Problems with concentration and memory
- * Behavior, learning or social problems in school
- * Blurred vision
- * Vague physical discomfort

If your children's sleep habits are causing problems, it may be a good time to sit down and discuss how very important sleep is for good health. It may also be necessary to discuss this with their physician. Sleep is as important to good health as nutrition and aerobic exercise.

For additional health information, visit: www.oakgov.com/health

Source: (1) Michigan Capital Health Care's Sleep/Wake Center
(2) OCHD



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