



# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## HEALTHY MONDAY'S TOOL KIT: SEPTEMBER 2024



900 Bloomfield Avenue  
Verona, NJ 07044

# TABLE OF CONTENTS

---

What is Healthy Monday's? .....	3
<u>Lesson 1: What is Sleep?</u> .....	4
Benefits of a Good Night's Rest .....	5-6
Benefits of a Good Night's Rest Flyer for Ages 5-12 .....	7
Benefits of a Good Night's Rest Flyer for Ages 12 and up .....	8
<u>Lesson 2: No Gadgets Before Bed</u> .....	9
Tips for No Gadgets Before Bed .....	10
No Gadgets Before Bed Flyer for Ages 5-12 .....	11
No Gadgets Before Bed Flyer for Ages 12 and up .....	12
<u>Lesson 3: How to Set Up the Perfect Sleep Environment</u> .....	13-14
How to Set Up the Perfect Sleep Environment Flyer for Ages 5-12 .....	15
How to Set Up the Perfect Sleep Environment Flyer for Ages 12 and up ..	16
<u>Lesson 4: Reading Before Bed</u> .....	17
The Benefits of Reading to Children Before Bed .....	18-19
Reading Before Bed Flyer for Ages 5-12 .....	20
Reading Before Bed Flyer for Ages 12 and up .....	21
Resources .....	22

---



## WHAT IS THE HEALTHY MONDAY CAMPAIGN?

---



Even though we are encouraged to stay healthy every day. The healthy Monday campaign is Healthy Monday, a public health initiative that encourages individuals and organizations to commit to healthy behaviors every Monday to help prevent chronic diseases.

From the Essex County, Healthy Monday will focus on children and their parent and providing them with a toolkit every Monday that will focus on a different topics per month that are pertinent to children from K-12.

It is a well-known fact that 90% of the illnesses that affect children of school going age can be prevented through lifestyle change like getting the right amount of sleep, nutrition and so many others.

Welcome to the Essex County Healthy Monday Campaign for the month of September with Sleep being the main topic.

# LESSON 01: WHAT IS SLEEP?

---

Sleep is a natural and essential state of rest characterized by reduced consciousness, decreased sensory activity, and diminished voluntary muscle movement. It is a recurring physiological process that occurs in cycles throughout the night, regulated by the body's internal biological clock and influenced by factors such as circadian rhythms, environmental cues, and individual sleep needs.

During sleep, the body undergoes various processes necessary for physical and mental restoration, including tissue repair, memory consolidation, hormone regulation, and emotional processing. Sleep is typically divided into several stages, including non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep, each with distinct patterns of brain activity and physiological changes.

Overall, sleep is essential for overall health and well-being, contributing to physical health, cognitive function, emotional stability, and overall quality of life. It is a fundamental aspect of human biology and plays a crucial role in maintaining optimal functioning of the body and mind.

# BENEFITS OF A GOOD NIGHT'S REST

To restore the body and mind, sleep is an important function. It's important to get enough sleep so that you feel mentally and physically refreshed when you wake up.

## How Much Sleep Do We Need?

The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours. The National Sleep Foundation recommends that adults between the ages of 18 and 64 get between 7-9 hours of sleep per night.

## Sleep Cycle

There are different types of sleep cycles, and the body will go through up to four different states in a night. These stages happen again and again. The whole cycle (stages 1-4) lasts for about 90 to 120 minutes. In the four stages, the last stage is REM sleep, while the first three stages are non-REM sleep. Each stage is important for getting the body and mind ready for the next day. Scientists think that the first three steps are better for your body, while REM sleep is linked to remembering, thinking, and feeling.

## Mental Functions

Getting enough sleep is good for your brain. Your brain is getting ready for the next day while you sleep. It's making new connections that will help you learn and remember things.

Studies have shown that getting enough sleep makes it easier to learn and solve problems. Sleep also helps you think of new ideas, pay attention, and make choices.

Teens and kids who don't get enough sleep may have trouble getting along with others. They could be angry and act on impulse, have mood swings, be sad or depressed, or not want to do anything. They could also have trouble paying attention, get bad grades, and feel stressed.

# BENEFITS OF A GOOD NIGHT'S REST

---

## Physical Strength

Your body fixes cells, makes proteins, and releases chemicals that are important for growth, development, and keeping your metabolism in check while you sleep. These basic processes are the key to better health and well-being. They also keep the body free of toxins and give it a break every so often. Getting enough good quality sleep is linked to a lower chance of chronic diseases like obesity, diabetes, and heart disease. It is also linked to better immunity function and faster wound healing.

## Mood Help

Every day, getting enough good quality sleep is important for keeping your emotions stable and your mood in check. Chemicals like serotonin and dopamine help control your mood and get out of balance when you don't get enough sleep. This makes you more irritable, prone to mood swings, and emotionally reactive. Lack of sleep or problems with sleep, like sleeplessness, that last for a long time are linked to a higher chance of mental illnesses like worry and sadness, as well as a lower ability to handle stress.

## Performance and Productivity

Getting enough sleep is important for getting the most out of work, school, and daily tasks. It gives your body the rest it needs to work at its best. When you get enough rest, your basic processes like thinking, remembering, fixing problems, and making decisions get better. These features improve speed and output as a whole. On the other hand, not getting enough sleep makes it harder to think clearly, raises the risk of mistakes and accidents, and makes it harder to get things done that need focus, attention, and mental clarity.

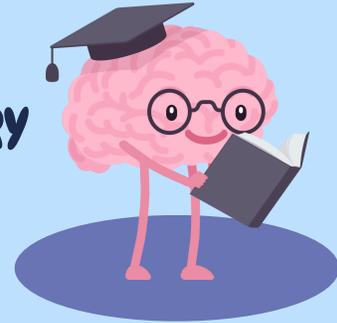


# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Healthy Monday Campaign: Benefits of a Good Nights Rest



**IMPROVES YOUR MEMORY**



**BETTER MOOD**

**INCREASES CREATIVITY**



**IMPROVES PHYSICAL HEALTH**

**RESTORES ENERGY**



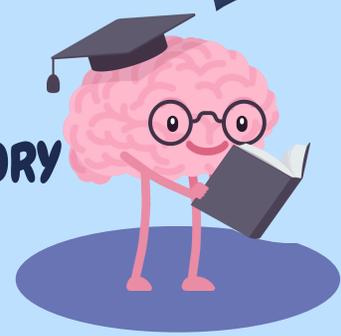


# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Healthy Monday Campaign: Benefits of a Good Nights Rest



**IMPROVES YOUR MEMORY**



**LOWERS STRESS AND  
IMPROVES MOOD**



**INTERACT BETTER  
WITH OTHERS**



**IMPROVES METABOLISM**



**RESTORES ENERGY**

# LESSON 02: NO GADGETS BEFORE BED

---

Over 70% of kids ages 6 to 17 sleep with at least one mobile device in their room. Why is that a bad idea? According to research, kids might not sleep as well if they use screens right before bed. By stopping the production of melatonin, blue light from electronics tells the body to stay awake. A natural hormone called melatonin makes you tired and tells your body to rest. Also, using a screen right before bed wakes up the brain when it should be relaxing. This sends mixed messages to the body, making it harder to fall asleep.

In the hours before bed, you should stay away from computers, tablets, and other devices that give off blue light. But this might not be possible for some people, like those who work or learn at night. The tips below will help you sleep longer and better if you must use one of these screens at night.

# TIPS FOR NO GADGETS BEFORE BED

---

- **Set up a relaxing pattern for bedtime:** For healthy sleep, you need a regular bedtime that lets you rest properly. An hour before bedtime should be used for relaxing activities that don't involve screens.
- **Don't have any screens in your bedroom:** A lot of people like having a TV in their bedroom, but most people don't recommend watching TV right before bed because it could make your sleep worse. You should get rid of all electronics in your bedroom, and you should tell your kids to do the same.
- **Keep the lights on in the bedroom dim:** Lux is used to measure how bright the light is. Some studies have shown that regular indoor light levels of 100 lux or more may stop the production of melatonin and mess up your sleep-wake cycle. Less light inside has a much smaller impact on the production of melatonin.
- **Use Nighttime Mode:** Some portable electronics have a "nighttime mode" that can help you sleep better by reducing eye pain. If your phone doesn't automatically lower the light when it's nighttime, you should do it yourself.
- **Purchase "Blue Blocker" glasses:** Getting glasses with an orange tint can protect your eyes from blue light. While this might not be ideal if you don't like glasses, studies have shown that they can be very helpful. A nice pair of blue light-blocking glasses costs less than \$100, which is a pretty good deal. You can always find them at your local Walmart, Target and many more.

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Healthy Monday Campaign: UNWINDING BEFORE BED

### SET UP A WAKE UP TIME



### HAVING A LIGHT SNACK



## THINGS KIDS SHOULD DO BEFORE BEDTIME

### NO GADGETS ON OR NEAR THE BED



### BRUSHING TEETH





**Public Health**  
Prevent. Promote. Protect.  
Township of Bloomfield  
Department of Health



**ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT  
IN COLLABORATION WITH BLOOMFIELD  
DEPARTMENT OF HEALTH**

**Healthy Monday Campaign:  
UNPLUG AND UNWIND**



**SCREEN-EMITTED BLUE LIGHT SUPPRESSES THE HORMONE THAT REGULATES CIRCADIAN RHYTHM, MELATONIN PRODUCTION.**




**TECHNOLOGY KEEPS YOUR MIND ENGAGED AND TRICKS YOUR BRAIN INTO THINKING IT NEEDS TO STAY AWAKE.**




**NOTIFICATIONS CAN WAKE YOU UP AND DISRUPT THE QUALITY OF YOUR SLEEP.**



# LESSON 03: HOW TO SET UP THE PERFECT SLEEP ENVIRONMENT

---

Need assistance sleeping? Perhaps the problem is in your bedroom. Light, temperature, layout, clutter, and even the colors a person uses may all have an impact on their sleep quality and duration.

Then, how can you create the ideal sleeping environment?

Unfortunately, no one approach works for everyone. That is why not everyone's sleeping area will be the same. Speaking of which, there are certain fundamental guidelines you should follow to make your bedroom a more comfortable place to sleep.

Your surroundings may have a significant influence on the quality of your sleep. Follow these suggestions to design a sleep-inducing bedroom.

Your sleeping environment might be the difference between a good night's sleep and being up all night. According to research, your sleeping environment has a significant impact on your sleep quality.

# HOW TO SET UP THE PERFECT SLEEP ENVIRONMENT

## Set the appropriate temperature for your room.

A warm room temperature might create discomfort and make it difficult to sleep, particularly if you like thick bedding. You should strive for a cool, comfortable temperature for your body heat. According to the Sleep Foundation, the optimal room temperature for optimum sleep is about 65 degrees Fahrenheit. This may differ from person to person, depending on whether you are a hot sleeper and what kind of bedding you use.

## Reduce noise.

This is not surprising; too much noise makes it difficult to sleep. According to research, persistent nighttime disturbances not only reduce sleep quality but may also have long-term consequences for your general health. If you can't regulate the noise levels, consider using a white noise generator or playing mild music.

## Keep it as dark as possible.

It's recommended to keep the light as low as possible when sleeping. Your body's circadian rhythm reacts to light, which may lead your brain to believe it is daylight. It's preferable to keep your room light. This might include limiting the usage of electronic gadgets in your room, such as laptops, televisions, and mobile phones. If you get too much light via your windows or curtains, consider investing in blackout curtains to reduce light exposure.

## Keep your room orderly and neat.

A disorganized or crowded environment might make you feel anxious. This does not imply that your room must always be spotless, but if it is disorganized for an extended period, tension might interfere with sleep. Keeping your place clean and neat helps make it seem more pleasant. Keeping your room tidy goes beyond keeping the surfaces and area clean. It also requires you to wash your linens and pillows often. You should wash your sheets at least every two weeks and your pillowcases once a week.

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## ★ ★ Healthy Monday Campaign: ★ ★ How to Set Up the Perfect Sleep Environment



**No Distractions**

Illustration showing a television on a stand, a tablet with a pencil, and a clock icon with 'z z z' indicating sleep.



**Lights Down**

Illustration showing a hand flipping a light switch from 'on' to 'off', a lit lamp, and a clock icon with 'z z z' indicating sleep.



**Calm and Quiet**

Illustration showing a crossed-out speaker icon and the word 'SHHHH...' in large letters, with a clock icon and 'z z z' indicating sleep.



**Consistency is Key**

Illustration showing a circular arrow icon with a checkmark and a calendar icon, with a clock icon and 'z z z' indicating sleep.

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## ★ ★ Healthy Monday Campaign: ★ ★ How to Set Up the Perfect Sleep Environment



### Ditch your Devices

Sleep is disrupted by social media, texting, and the internet. In addition to keeping you up, engaging in things like social media, gaming, and texting can also wake you up if you fall asleep.

### Eat Healthy & Exercise

Getting your body into a decent rhythm can be achieved by eating well, exercising, and spending time outside during the day. However, stay away from intense exercise in the late evening since it may keep you awake.



### Routine

Going to bed and waking at approximately the same time allows your body to become "ready" for sleep each day as well as waking up when you need it to.

### No Napping

Taking naps can interfere with your ability to go asleep at night. Additionally, a lot of teenagers discover that after naps, they have less energy and enthusiasm to complete tasks like homework.



# LESSON 04: READING BEFORE BED

---

Whether you read before bed with a partner or by yourself is irrelevant. Before retiring to bed, individuals read books, magazines, and other written materials. Many do it at night in order to unwind, rest, and prepare for bed. Children are told tales to before they go to bed. They may unwind and sleep better as a result. Storytimes before bed may strengthen the link between parents and kids, enhance writing and reading abilities, and encourage creativity. Adults may unwind peacefully at the end of the day by reading before bed. Before going to bed, you may relax, learn something new, or read a terrifying novel. You may have fun, interact with people, develop as a person, relax, and improve your sleep quality by reading before bed.

Youngsters like reading before night. It strengthens the child's relationship with their caregiver, enhances their speaking abilities, and helps them relax after a demanding day. How to choose books for your nightstand:

Select beloved books with calming narratives and captivating illustrations. You should also select books with nighttime themes and books where children may make their own selections.

"Goodnight Moon" by Margaret Wise Brown, "Guess How Much I Love You" by Sam McBratney, "The Going-To-Bed Book" by Sandra Boynton, and "Where the Wild Things Are" by Maurice Sendak are a few well-known tales for bedtime reading. The bedtime tales that help you recall things and strengthen your bond with your kid are the greatest ones. Upon top of everything.

# THE BENEFITS OF READING TO CHILDREN BEFORE BED

---

Children and adults both benefit from reading before bed in a variety of ways. Before going to bed, parents may enjoy some quality time in peace and quiet with their children by reading to them. When parents and kids exchange tales and create memories together, their relationship is stronger.

**Moments to Teach:** Books may impart values and teach children valuable lessons when parents read to them before bed. They may discuss the actions of the actors as well as their motivations and consequences. Deep conversations on kindness, sensitivity, and other life-important traits may result from this. After a demanding day, parents may relax and recover by reading as a stress-relieving pastime. Jobs like cleaning and working are good diversions that allow parents to relax and spend more time with their kids. Read aloud to your children to help them develop a love of reading. This will foster in their children a lifelong love of reading and education. One excellent illustration of the value of reading, learning, and having an intellectual curiosity is reading every night before bed. If you read to your children before bed, you will become a better parent and they will learn to listen, be nice, and communicate better. It helps children learn, be nice, and communicate effectively when parents speak to them, answer their questions, and listen to what they have to say.

# THE BENEFITS OF READING TO CHILDREN BEFORE BED

---

**Establishing routines:** Parents may assist their children's day have structure and regularity by reading to them every night. You may improve your quality of sleep and speed up the nighttime routine by engaging in activities like reading every night. Reading tales aloud before bed is a fun activity for people of all ages. Every day, everyone looks forward to this little surprise. Because it allows everyone to laugh, play, and utilize their thoughts together, this time is enjoyed by both adults and children.

**Mindful Presence:** Reading to your kid before bedtime allows you to spend quality time with them in the present without being distracted by devices or other distractions. It's time to savor each other's company more and partake in the pure delight of storytelling. Reading aloud to your kids before bed is a lot of fun for both of you. It promotes a love of reading and learning and aids in parents' relaxation. It helps children emotionally connect with their parents, strengthens the bond between them, and establishes healthy sleeping habits for the whole family.

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Healthy Monday Campaign: Reading Before Bed



It's a Good  
Bonding Time



It Sparks  
Imagination



Helps them  
Relax After a  
Demanding Day



It Improves  
the Child's  
Reading Skills

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

## Healthy Monday Campaign: Reading Before Bed

**Better Sleep:**  
Reading can help you relax and promote restful sleep.



**Stress Relief:**  
Reading can reduce stress by up to 68%.

**Improved Cognition:**  
Reading can improve the brain's ability to understand stories and think critically about them.



**Physical Relaxation:**  
Reading in bed can slow your heart and release tension in your muscles.

**Mental Health Benefits:**  
Reading at bedtime may calm the mind and keep it from dwelling on stressful circumstances.



# RESOURCES

---

- **The National Sleep Association**  
<https://www.thensf.org/>
- **American Academy of Sleep Medicine**  
<https://aasm.org/>
- **Sleep Research Society**  
<https://sleepresearchsociety.org/>
- **Read Brightly** <https://www.readbrightly.com/>