



دي بي اس - المدرسة الهندية الحديثة
DPS - MODERN INDIAN SCHOOL

Doha-Qatar

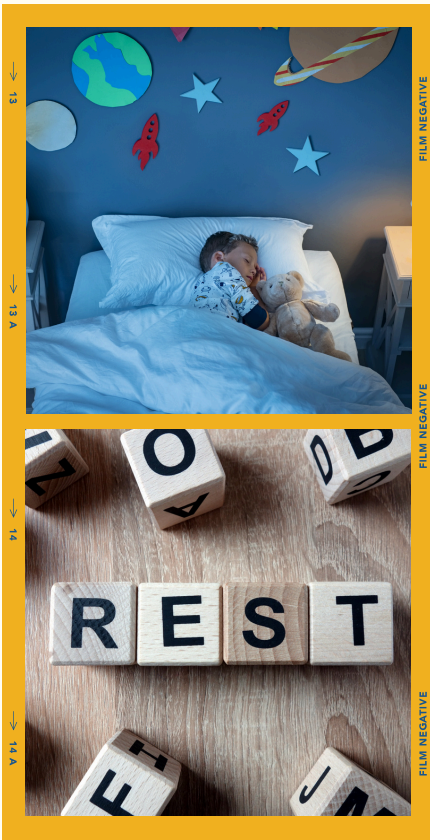
Celebrating 25 Years of Excellence in Education



Monthly Newsletter from the School Clinic

MAY EDITION 2025

**TOPIC: SLEEP SMARTS:
WHY STUDENTS NEED
QUALITY REST**

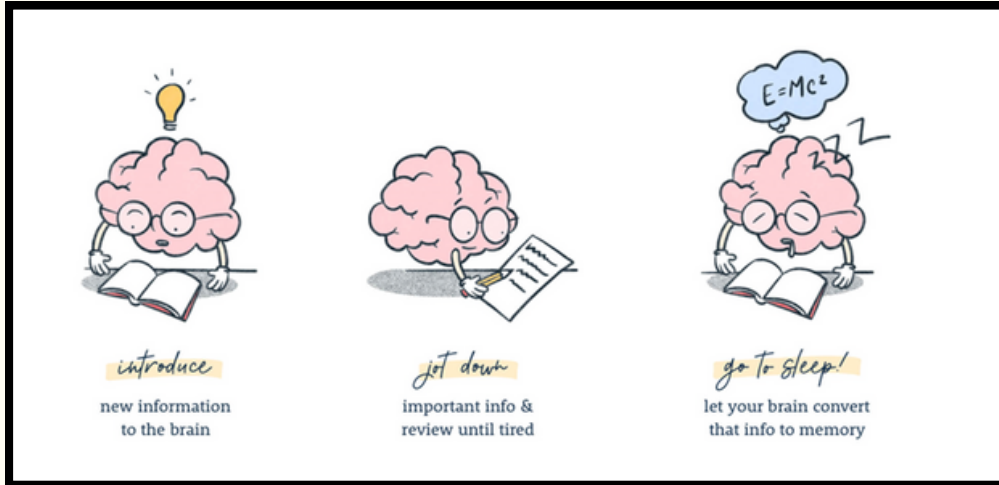


Dear Parents,
We are excited to bring you this month's newsletter, where we focus on one of the most important factors for your child's growth and success: sleep. While often overlooked, sleep is a key pillar of health, and ensuring that students get enough quality rest is essential for their academic performance and emotional well-being.



Why Sleep is Essential for Students:

In a world filled with increasing demands, from schoolwork to extracurricular, it can be easy for students to overlook the importance of sleep. However, the benefits of quality rest are numerous and far-reaching:



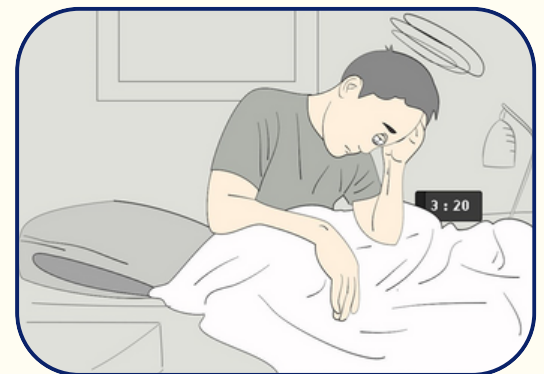
1. Boosts Memory and Learning:

Sleep consolidates memories and helps the brain process and retain the information learned during the day. Students who get sufficient sleep tend to perform better in school and grasp new concepts more quickly.



2. Supports Emotional Well-being:

Sleep has a direct impact on mood regulation. Students who are well-rested are better equipped to manage their emotions, while lack of sleep can lead to irritability, mood swings, and heightened stress levels.



3. Promotes Physical Health:

Sleep is crucial for growth and physical recovery. It strengthens the immune system, helps muscles recover, and supports overall health, reducing the risk of illness.



4. Increases Focus and Attention:

A good night's sleep helps students remain alert, focused, and engaged throughout the school day. Sleep-deprived students may struggle with concentration, which can impact their academic performance.



How Much Sleep Does Your Child Need?

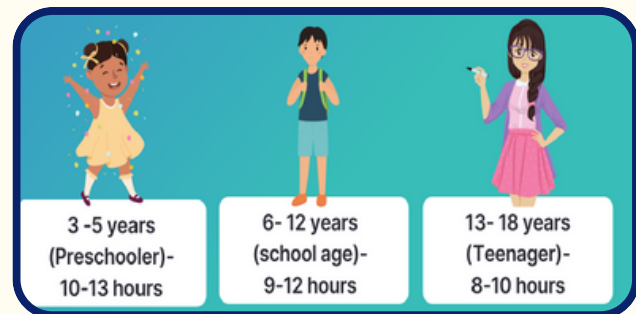
The amount of sleep required varies by age:

Preschoolers (3-5 years): 10-13 hours

Children (6-12 years): 9-12 hours

Teens (13-18 years): 8-10 hours

These ranges are general recommendations, but individual sleep needs can vary depending on each child's health and activity levels.



How to Encourage Healthy Sleep Habits:



Set a Consistent Bedtime Routine: Encourage your child to go to bed at the same time every night, even on weekends, to regulate their internal clock.

Limit Screen Time Before Bed: The light from screens interferes with melatonin production, which is vital for sleep. Try to avoid screens at least an hour before bed.

Create a Peaceful Sleep Environment: Make sure your child's bedroom is cool, quiet, and dark. A comfortable environment can significantly enhance sleep quality.

Encourage Regular Physical Activity: Physical activity during the day promotes better sleep, but avoid intense exercise right before bedtime.

Be Mindful of Food and Drink: Limit caffeine, sugar, and heavy meals in the evening, as they can interfere with sleep.

Signs Your Child Might Be Sleep-Deprived:

- Difficulty waking up in the morning
- Increased irritability or moodiness
- Difficulty concentrating or staying alert during school hours
- Complaints of being too tired or wanting to nap during the day
- Trouble falling asleep or staying asleep



Conclusion:

Prioritizing sleep is one of the best things we can do for our children's health and success. A good night's rest is key to supporting their cognitive abilities, emotional health, and physical growth. By establishing healthy sleep habits, you are not only helping your child perform better in school but also encouraging a foundation for long-term well-being.

We appreciate your ongoing support in ensuring that all our students stay healthy, happy, and well-rested.

Warm regards,

The DPS Modern Indian School Clinic Team
Committed to Student Health and Well-being