

Why Sleep Matters: Supporting Healthy Sleep in Children and Teens



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Learn about the role of sleep in emotional and physical health.
- Understand developmental changes in teenage sleep patterns.
- Gain strategies for creating healthy bedtime routines.

TAKEAWAYS

- Sleep is vital for learning, mood, and resilience.
- Blue light and late-night screens disrupt sleep.
- Consistency and calming routines encourage good rest.

February
25th



12-1:30pm or
7-8:30pm

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