

SLEEP

Interventions in schools

During their schooling, young people experience a variety of situations related to various issues of health and well-being. On this sheet, you will find specific intervention guidelines that have been developed to support the work of stakeholders who plan and implement health promotion and prevention actions.

To see all the health-related recommendations presented in the EKIP reference framework: [Visit the School-based interventions section](#)

Sleep is crucial for development.
Getting enough good-quality sleep benefits:

→ physical health: rest,
growth, immune function

→ emotions

→ memory

→ learning

KEYWORDS

- Sleep cycle
- Relaxation
- Rest
- Routine



ACTIONS TO BE PRIORITIZED IN SCHOOLS SHOULD:

Aim to contribute to the adoption of healthy sleep habits in young people, in particular by taking into account their sleep needs in school organization.



See also the sheet dedicated to [General recommendations for health and well-being actions in schools](#), which are not linked to a specific theme.

