

Middle School Guidance Officer



Children who nap are happier, excel academically, and have fewer behavioural problems: study

Night-time sleep is important of course, but daytime naps matter just as much. New research emerging from the University of Pennsylvania and the University of California, Irvine, published in the journal *Sleep* reinforces the benefits of naps for children. This comprehensive study found children who took naps not only experienced positive changes in mood and energy levels but also in school performance – children who napped three or more times per week benefited from a 7.6% increase in academic performance in Grade 6.

>> Read the original article: <https://medicalxpress.com/news/2019-05-children-nap-happier-excel-academically.html>

Image source: Pixabay