

It's all in a good night's sleep: How quality of sleep impacts academic performance in children

Written by Business News

Making sure school-aged kids get to sleep at a regular hour is often a struggle for parents. But a study by researchers at McGill University and the Douglas Mental Health University Institute in Montreal suggests it's well worth the effort: the researchers found that a good night's sleep is linked to better performance in math and languages – subjects that are powerful predictors of later learning and academic success.

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