

# Transcripts for Ep 099 How to Get Your Back-To-School Sleep ...

Fri, 7/23 12:39PM 28:27

## SUMMARY KEYWORDS

sleep, kids, wake, toddlers, school, bedtime, people, overtired, child, baby, tired, day, brie, son, struggle, talking, night, started, bit, daughter

## SPEAKERS

Brie Tucker, JoAnn Crohn, Nicole Johnson

- 
- J** JoAnn Crohn 00:00  
Welcome to the No Guilt Mom Podcast. I am your host, JoAnn crown joined here by my stripy co host Brie Tucker.
- B** Brie Tucker 00:07  
Why Hello Hello, everybuddy. How are you?
- J** JoAnn Crohn 00:09  
You're stripy I'm using clothing again to describe you.
- B** Brie Tucker 00:11  
Okay, that are so funny. I was just listening to it's a Thursday we're recording this. So I was just listening to a podcast we released morning and again, you had mentioned to my shirt. And I'm like- uh!
- J** JoAnn Crohn 00:21

I need to get some better adjectives to describe Bree. So if anyone has any ideas, I've used a lot of them already. I feel like I don't want to repeat. no repeats. no repeats.

B

Brie Tucker 00:32

I was thinking you'd go with sleepy.

J

JoAnn Crohn 00:34

sleepy? Oh, we are talking sleep today. That's a good segue!

B

Brie Tucker 00:37

or caffeinated either way. you know.

J

JoAnn Crohn 00:39

or caffeinated. Yeah, I just had like, I was just telling Bree, I had to go downstairs and get coffee because I had a headache. And then I was really crabby. And I'm like, wait a minute. Do I have coffee today? No, I did not have coffee. And I think that's a really telltale sign of a caffeine addiction. When you're like not on time with your coffee, and you're like get your headaches and you get the shakes and No?

B

Brie Tucker 01:00

Okay, you are correct. That is - But I will argue that you don't have like, I know people that have a lot more of a caffeine addiction than either you or I do.

J

JoAnn Crohn 01:10

Yeah.

B

Brie Tucker 01:10

we both are one coffee a day person.

J

JoAnn Crohn 01:12

Yeah, I do not drink that much.



Brie Tucker 01:14

Yeah, like before 10am. And that's pretty much like our coffee thing. It's funny, though, about the whole coffee addiction because I went in to get a coffee yesterday from my new favorite coffee shop across the street. And I normally go on Wednesdays, and the girl that was serving me has just started working Wednesdays for a few weeks now. And I'm like, Yeah, can I get one of my my snickerdoodle latte with soy. And she's like, you're not getting a second and I went a second She goes, Yeah, you normally order to one without ice so you can have it for Thursday. And I'm like, Oh, you're right. Thank you! And she just giggled. She's like, I tell that to people all the time. Now, do you want a second with no ice for the next day?



JoAnn Crohn 01:51

My very good upsell, right? Very good upsell, she's a smart barista.



Brie Tucker 01:56

You know me if there's a shortcut that I'd forgotten. I have been ordering that for a while on Wednesdays. I order my two coffees the way I have a Thursday morning coffee and it doesn't make me later than normal.



JoAnn Crohn 02:06

That's a good hack. Yeah, cuz I think he said I found this meme when I was on vacation. And I sent it to Brie, because I thought it was really funny because Brie is habitually late. And she admits that.



Brie Tucker 02:16

Yeah!



JoAnn Crohn 02:16

she admits this, that me you had on top, it was like, Oh, my gosh, the traffic was horrible. I'm sorry. I'm late. And then it says the traffic and it's the line at Starbucks.



Brie Tucker 02:24

Yep. 100%. The traffic was terrible- at Starbucks! Yes.



JoAnn Crohn 02:33

That's what it is. Yes, yeah. But today, we are talking all about back to school and sleep schedules, something that we are both kind of a little concerned about going into the school year.



Brie Tucker 02:43

Oh, yes. For sure. Like we were talking about this before we started recording because many of us in our households. It has been over a year. Yeah. Since our kids have had to go to in person school on a consistent five day a week basis.



JoAnn Crohn 02:57

Yeah, many, many people haven't been in person here in Arizona, we've been in person for a bit.



Brie Tucker 03:05

there was some districts that never did five days a week.



JoAnn Crohn 03:08

And it also depends on the family's choice. Cuz I know a lot of families chose virtual learning for the entire school year, and now they're transitioning back to out of homeschool. We just have to get back on the routine. And we like a little concerned because, for instance, in my house, I really protect my sleep I protected hard and I protect my alone time at night hard because if my kids are still up I can't fully relax and read because someone's usually coming in and asking me a question every five seconds, or-



Brie Tucker 03:38

Those are good boundaries. Yes, Good boundaries. hearty boundaries.



JoAnn Crohn 03:41

So for the past like few months of summer, though, those have slept a little bit, especially going on vacation and kids were going to bed at like 10pm at night on vacation, which is like so makes me uncomfortable as someone who protects sleep hard.

**B** Brie Tucker 03:57  
Yeah. Were you uncomfortable on vacation that they were going to bed that late or did it not bother you at that time, but now reflecting back a week later? It's like -

**J** JoAnn Crohn 04:04  
it doesn't it didn't bother me at that time because like and I didn't feel tired on vacation. Okay, because we were all sleeping in. It was like San Diego, cloudy skies. The sun wasn't shining in my bedroom window to wake me up in the morning.

**B** Brie Tucker 04:15  
The beach lifestyle of like, I feel like, hey we'll do whatever we feel like today.

**J** JoAnn Crohn 04:18  
Yeah, so but it was like 10pm and now bedtime is about nine and I like to push bedtime to like a like we start getting ready eight-ish. And then 8:30 everybody's in their room like winding down. And that's harder. That's harder now because my daughter's going into eighth grade and she definitely has a lot more control over what she wants to do and when she wants to do it and she wants to stay up later, which I totally respect but it's hard waking everybody up.

**B** Brie Tucker 04:47  
It is it is so that is why we pulled out the big guns. We got a sleep expert- Nicole Johnson, for today's episode.

**J** JoAnn Crohn 04:54  
Nicole Johnson. You might know her from the baby sleep site and she is the president and Lead sleep consultant there. She's an extension of a new moms village and helps families achieve better sleep in a way that fits their parenting philosophy, and a baby's temperament and personality. So we go like all the whole gamut. Like babies, toddlers, we talk about like, especially if you're going back to work. She has some great tips on how to adjust babies and toddler sleep schedules. And we talked about school aged kids. And then we go a little bit into the teenagers too. So yeah, oh ages and this episode



Brie Tucker 05:26

You got a kid? We got it covered.



JoAnn Crohn 05:28

We got it covered. So we hope that you enjoy our interview with Nicole Johnson. Hey, so if you are worried about getting your kids back into like the school life with homework and study habits, come and join us. Our live event right now is going on. It's right now Homework Simplified. It is live. You get to meet Brie and me live online. And ask any questions that you have about study habits, about communicating with the school about making sure that your kids are doing their homework and getting readjusted post pandemic life. So you can go sign up, [noguilmom.com/homework](https://noguilmom.com/homework), we will see you there. And now on with the show. You want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Hey, Nicole, we're so happy to have you here on the no guilt mama podcast to talk all things sleep. So welcome, welcome.



Nicole Johnson 06:57

Oh, thank you. Thank you for having me.



JoAnn Crohn 06:59

So for those of our listeners who don't know who you are, can you tell us a little bit about you and your story?



Nicole Johnson 07:04

Sure. Okay. My name is Nicole Johnson, and I'm the president and lead sleep consultant of the baby sleep site. I've been married to my husband for 17 years now. And I have two sons, 13 and 15 years old. My first son hated sleep. And even at 15, he would still some would say it's a waste of time, even though he's a teenager. So now I have to drag him out of bed sometimes. But he really hated sleep. So I started the baby sleep site in June 2008. So over 13 years ago when my youngest was just a couple months old, because I must have been crazy. The baby sleep site is designed to be an extension of your village. You know, you can ask questions, get support, and of course help your children sleep better. But one thing about us is we don't believe like there's a one size fits all approach for every child like every child is different temperament wise, personality wise. So both my sons had

very different different temperaments. So I started doing a lot of different research about sleep and trying to get him to sleep better. And then my youngest came along and he was a better sleeper. But he also had a few problems. So I started just learning a lot about temperament and different things. Then I started helping other parents with what I knew. And a few of them asked me, you know, you know, maybe you should write a book, because the way you explain it is just more practical, different, you know, and I guess at first I just laughed that off. But enough people said that, that eventually I was like, well, maybe I'll make a blog. So he fast forward now 13 years. We've helped, you know, 1000s of parents with their family struggles. I've tried to help other people faster than I could help my own children. And, and yeah, now we get, you know, over 500,000 to a million visitors at the website every month. So you know, it's it's been really fun.

B

Brie Tucker 08:54

That's, I'd say that's pretty successful.

J

JoAnn Crohn 08:56

Yes, that's amazing. Like sleep is always a very conflict filled subject at my home. Because two of us, me and my son, we like to go to bed early. And we like our sleep. Like there's a certain time at night. Like we just hit a wall and we're like, Nope, not doing anything else. Yeah, my daughter and my husband are exactly the opposite. They like knowing and going and going. Yeah, the night owls. And so when they were both like babies, it was hard because, well, I don't function without sleep. Yeah. And I know some people do like my husband does function without sleep. And so coming across like your information as to how like to balance the parents need for sleep with the kids need for sleep, but getting everyone on the same page. So they're not fighting. As you can see, this is very stressful for me. Yes, yes, definitely.

B

Brie Tucker 09:51

And I think that you hit a really great point there like no two kids are the same when my kids were lazy to say that I could write a paragraph on their similarities, but a book Are there differences? Yes. And I think I had a similar situation to you like where my son, he did not sleep through the night. And I'm going with like that whole technical definition of between the hours of 12 and 5am. Like, he did not sleep through the night until he was three. So for three years, never once did I get, I think one. No, no, I never did get a full night's sleep. I was gonna say I remember one time my ex-husband turned off the baby monitor to let me like sleep in.

N Nicole Johnson 10:27  
Yeah,

B Brie Tucker 10:28  
but uh no, he still got up in the middle of the night. So and then my daughter when she was born a year later, like we'd have to wake her to feed her. I'd be like, I'm a little concerned. It's been a while.

N Nicole Johnson 10:39  
Yeah.

B Brie Tucker 10:39  
And it's just funny how that goes like that.

N Nicole Johnson 10:42  
Oh definitely. Oh, definitely. I my son woke up every one to two hours all night. And I'm actually someone who can function on little sleep. Oh, for me to struggle. It was a huge eye opener for me. And you know, and then every time he woke me up, it took me 20 minutes to go back to sleep. So it's like, it was just really brutal for me. And I was very irritable.

J JoAnn Crohn 11:04  
Oh, my gosh, I think we were all different people when our kids were young and not sleeping.

B Brie Tucker 11:08  
Yeah, exactly. I was gonna say like, I, I have fond memories of when my kids were really little and struggled with sleep, but not enough I would ever want to go back. Yeah, but at the same time, though, we're reminiscing right here on the younger ages. But sleep is a struggle that it pops up again, right? So like our oak is, like, you know, we're talking about back to school sleep schedules. And I was just telling JoAnn, how it's gonna be interesting in our household, because right now over the summer, my daughter has been going to bed about midnight, and she gets up about noon. I mean, I could wake her up earlier. But why?



Yeah, she's angry. I say she's like a cat and just hisses at me! So I just run away right!

**N** Nicole Johnson 11:52  
Yes. Definitely.

**J** JoAnn Crohn 11:52  
So we realize that like sleep is important. But our kids don't necessarily realize that sleep is important. So like, how do we start communicating this to them so that we have a successful back to school when they have to wake up?

**N** Nicole Johnson 12:05  
Yes. So that's what's going to be the challenge is convincing them but of course, we're parents and we have more wisdom than they do sometimes. So sometimes we have to, you know, be the bad guy. But getting back to school schedule, I would say if you have two or three weeks to do, you can start early. And then it could be a more gradual change. If you don't, or if you prefer not to, you can always do it a little bit more abruptly. But essentially, what I recommend is first adding a little structure back to your day, even if it's just like a set wakeup time and a set bedtime, even if it's late at first, like not what would be at school, but in your case might be 11pm bedtime and waking up at 10am, for example, or something like that, then that can just kind of start getting you in the mode of having structure and that kind of thing. Also, a set time to turn off devices, sometimes it's a good idea. 30 minutes to an hour before. That's true for adults, too. We all sleep a little bit better, staring at devices. But yeah, I know as much as anybody that it's sometimes hard to do. And then as far as like how much sleep you do want to shoot for at least 10 to 11 hours of sleep at night. Or if you know that your child needs 12 hours, then you would shoot for that, so that you can make sure that they're getting going to get enough sleep. So that would be like the first step I would say.

**J** JoAnn Crohn 13:24  
So like readjusting that sleep schedule, doing it in a gradual way as we get closer and closer to back to school. And then the devices, the devices are huge.

**B** Brie Tucker 13:33  
Oh yes, we're big proponents of that, for sure.

N Nicole Johnson 13:36  
Turn off Wi Fi.

B Brie Tucker 13:37  
right. And there's so much research about what the blue light -

J JoAnn Crohn 13:40  
does to your brain. And it just keeps you up. And it's hard though, when you're an adult, and you're trying to like tell your parenting partner that it does this. And yeah, that doesn't work as well.

B Brie Tucker 13:52  
Like you just said, when it's someone that that has a different sleep schedule than you that can stay a lot longer. It can be a lot harder to get them to really hear what you're saying.

J JoAnn Crohn 14:03  
Yeah. So what is like overtired look like in kids, like how do we know if they're getting enough sleep?

N Nicole Johnson 14:10  
Yeah, so at different ages, you'll see different things. So babies showing over tiredness, they might have red rimmed dyes bags under their eyes. They might be fussier crying, rubbing their eyes, that's a big sign that they're overtired. And if they wake up from their sleep periods crying, that would be another thing. If they show any of these symptoms, they're probably already overtired. Unfortunately, well, I don't know if that's fortunately or unfortunately, but some babies actually are very happy when they're overtired. So for them, you might see them wake up more at night, wake up too early in the morning, just fussy, crying, going to sleep, that kind of thing, where they might be super happy during the day, but if they're not getting enough sleep, it still can impact you at night and keep you up. Now, toddlers, they have basically the same signs but they also have might have more tantrums during the day. Their mood and behavior are the best ways to know if they're getting enough sleep. Of course, some toddlers, they're going to test limits and that kind of stuff, that's normal. But the more tired they are, the more emotional there are.

So you'll probably see more tantrums. And then for school aged children, in addition to being irritable, sometimes they're going to be, you know, cranky, and that kind of thing. They might have difficult focusing at school, for example, they're often more clumsy, they will likely have some behavior issues, either at school home, or both, they might talk back more, you know, that kind of thing.



JoAnn Crohn 15:33

Have you heard the research out there that says a lot of school behavior problems are directly related to lack of sleep?



Nicole Johnson 15:39

That does not surprise me at all. I mean, even my kids, I mean, I always say our happiness as a family is dependent on especially in particular, my older son who inspired the website, that he's getting enough sleep because he is grumpy. And he was grumpy from being a baby all the way till now. I mean, he is definitely a different person if he's not getting enough sleep. So I can believe that a lot of school behavior problems, probably have children that just aren't getting enough sleep in general.



JoAnn Crohn 16:06

I totally find it fascinating because I was a former teacher. And like, I would see the kids who are constantly kind of pushing limits and testing boundaries and not reacting emotionally very well. And just knowing that and looking back at them, it seems like such a simple problem to solve sleep. And yeah, it's something that we struggle with so much.



Nicole Johnson 16:27

Yes, definitely. And you know, the hard part, especially as we're talking about getting back to the school schedule, you know, you'll want to start gradually waking your child up earlier, and earlier, one big thing that a lot of people don't understand is that light, stimulating our eyes is what signals our brain to wake or sleep. So that's why like with daylight savings, or jetlag, that kind of thing is you can't just put your child to bed early enough to start doing that you have to wake them up earlier, so their internal clock can shift backwards. And so then their sleep period will be the certain hours that you want. And then if you let that waver too much, it's really hard to get back at the right bedtime. And then you're just basically not tired at nine o'clock, even though you're supposed to be kind of thing, or you're supposed to be going to bed at that time. And then when you add sports in, I'm not sure if your kids do sports mind do sometimes we're not even getting

home till 8:30 at night. So that makes it really challenging too.

J

JoAnn Crohn 17:23

how should like sports families handle that when they're not getting home, like until late? And then the kids still have homework to do?

B

Brie Tucker 17:29

or when they're also still revved up. Yeah, they just had sports. So Oh, yeah, I'd be tired. But they're not like sleepy, tired.

N

Nicole Johnson 17:36

Yeah. And that's tough. I mean, you're probably not going to have perfection. But planning ahead has sometimes help sometimes, you know, we just have to plan ahead with food and that kind of thing. Because if you wait till you get home and then cook something, obviously that's too late. And then catch up on the weekend, just like adults do. You know, we're working all week, we're tired, you know, and we get tired. So I would say try not to let the bedtime go super late on the weekend, even though you're kind of like letting loose, but you really want them to catch up on the weekend. And just because you go to bed later, doesn't mean you're going to sleep in later automatically. Because again, it takes some of us a few days for our internal clock to catch up to what our new sleep schedule is. And then bedtime, it's Monday, and you have to get back to school.

B

Brie Tucker 18:23

So with that, I have two questions that you just made me think about real quick there for the really littles the ones that aren't quite in school yet. So we're thinking like baby toddler, maybe even a preschooler? What do you think would be an ideal bedtime for them if you need to have them up and ready to go so you can get out the door to work? So I'm going to guess going to work is around seven or eight in the morning. What would probably be an ideal bedtime for that one? And then I have a follow up one.

N

Nicole Johnson 18:46

Yeah, so baby, most babies need 11 to 12 hours of sleep at night. There are some differences. Sometimes usually the minimum is 10 hours, but that usually means they're napping more during the day. So so if you need them out the door and you need to leave by 7 and you need them up by 630, I would say around 630 or seven would be your

bedtime. for toddlers similar again, most of them need 10 to 12 hours of sleep at night until we get closer to when they're going to drop the nap which is usually three to four years old on average. And then when they drop the nap, they need to increase their nighttime sleep again, back up to usually 11 to 12 until about four or five years old. So you're looking at a bedtime of around 7pm most of their baby and toddler life. Okay, unless you can go to work a little bit later in the morning.

B

Brie Tucker 19:35

I know right? Which is that's a tough one, you know? Yeah. Only you can really adjust thingd so much.

N

Nicole Johnson 19:39

Yes, exactly.

B

Brie Tucker 19:40

So out of curiosity, do you have like a recommendation? because I go through this like we talked about earlier. My kids are a little bit older. My daughter is going into eighth grade my son's going into high school. And my daughter is constantly trying to convince me that she is capable of setting her own bedtime. And her own wake time.

J

JoAnn Crohn 19:58

That is a good question!

B

Brie Tucker 19:59

So I am curious with your background and sleep. Do you have an opinion on this on? How can parents gauge okay, my kid is old enough to kind of take the reins on this somewhat? not where we totally like give up all of our rights to say anything as a parent, where we let our child lead us know, maybe it's not an age, I do you think that probably not an age but , How can we figure out that they're ready to start taking the lead on this?

N

Nicole Johnson 20:22

I know. While, I'm not an expert in teenagers since I, you know, I work with mostly babies and toddlers, but having a teenager my own, he's 15. And I would say mostly, he's setting his own bedtime now, but we have to see what happens when school goes back. But I still

would have a time when Wi Fi goes off. Because you know, you know, like, you can be on Facebook for an hour. And you're like, Where did the time go? You know, so I know he's similar. But now at the same time, in my opinion, that we are also trying to raise them to be able to go to college and be able to live life and actually get to class on time. So in some ways, if we keep the rules too tight for too long, they're not learning those lessons. And then when they go to college, they're probably going to really struggle. And that's a pricey, that's a price to learn. So I mean, for us, we've kind of experimented during the summer of you know, okay, well, you can kind of set your own bedtime. And I've seen like maturity wise, now he has to get up for cross country conditioning, and he has kind of like a volunteer job he's doing this summer. And so I can see just kind of how he's starting to think he's still not getting enough sleep. But he's starting to see, okay, I do have to go to bed a bit earlier. And then he sets his own alarm. That's the other thing trying to make them self sufficient. So I had a lot of trouble waking him up. So I bought this alarm that has a vibrating thing under the mattress. And it's really loud. I think it's people that can't hear. So but it works great for him. That way, it's kind of up to him, it's his responsibility to get up. And that has worked well, because cross country is something he loves to do. Whereas school isn't. So that's going to be tricky. But like he said, I don't think it's certain age, but you want to start giving them more responsibility and seeing the natural consequences if your daughter, especially if your daughter likes getting good grades, and she starts to see how tired she is during the day. Hopefully, she's going to start making those decisions for herself.

B

Brie Tucker 22:21

Yeah, I think that's a great answer. I think that makes a lot of sense to me. It's going to be a little bit about Okay, well, if you feel like you want to start taking this over, these are the expectations that I would have.

J

JoAnn Crohn 22:32

Yeah,

B

Brie Tucker 22:32

and then we come to like an agreement on this is what we're going to try going forward. But it's tricky. As you can- Yeah, man, she's trying to convince me that Midnight's okay, during the school year.



JoAnn Crohn 22:41

yeah, no,



Brie Tucker 22:42

no, no. A big NO on that one.



JoAnn Crohn 22:45

Or even, even just like educating kids on like, what tired looks like. We're tired thing a lot of kids don't know, like, when my kids were toddlers, my daughter in particular, she would get so tired. We had this baby bouncer. And she would just go bouncing up and down, up and down, up and down. Up and down. Up and down. It was like it was because she was hyper. She was tired.



Nicole Johnson 23:06

Yes. Yes.



JoAnn Crohn 23:07

And it's so counterintuitive.



Nicole Johnson 23:09

It is. Yeah. People used to see my son get into that hyper mode too. And, and they would say Oh, yeah, so much energy.! Yeah. Like, no, he's overtired. He needs a nap, you know. So it was crazy.



JoAnn Crohn 23:20

It's so funny, because it's a generational thing too, because I dealt a lot with my parents and my in laws. And they're like, Oh, well, they just weren't tired yet. They were like running around like crazy.



Nicole Johnson 23:29

Yeah.



JoAnn Crohn 23:29

And I didn't think that the research or the knowledge to change so much from when we were raised to now raising our kids, but I'm guessing it did.



Nicole Johnson 23:38

Well, just like knowledge. So our bodies release hormones to fight fatigue. And that gives us our second wind. So if you're working on a school paper, like when we were in college or working late, you know, our bodies purposely does that and you know, gives us a boost so that we can make it through. So once they get that second wind. That's why overtired children have so much trouble settling down and going to sleep because they've gotten that second wind and you're too late, basically. So you want to catch them before they get that.



JoAnn Crohn 24:04

Catch them before the second wind. That is really good advice. I need to tell my sister that she actually yeah, my nephew just turned two so like she needs this right now.



Nicole Johnson 24:14

Definitely.



JoAnn Crohn 24:16

She totally needs it. Well, Nicole, it has been so wonderful. Getting to talk with you. Thank you so much for joining us. I know so many parents can benefit from these sleep tips and be more rested themselves as well.



Nicole Johnson 24:29

Yes. Well, you're welcome. I've been happy to be here.



JoAnn Crohn 24:33

So Nicole, it was a wealth of information. She is somebody that I wish I would have had when my kids were like toddler and babies because I didn't sleep.





Brie Tucker 24:42

Oh, I know. Right. Like I mentioned in the episode, my kids did not sleep my Bible at that time, because I was doing early intervention and I was fortunate enough to meet this person was Dr. Jody Mindell and she wrote the book *Sleeping Through the Night*. It was so different because *Babywise* was what was popular at that time, the whole like, let your kid cry it out. And I like the fact that she was a lot like what Nicole was saying, like, just, there's different temperaments for different kids, different families do what works. But you put up a really good point about sleep and how that affects our kids.



JoAnn Crohn 25:11

There was one thing I said in the interview about like knowing this research between sleep and school behavior, and I had no idea where I pulled that nugget from. So we did a little research for you. And this comes from the *Self Driven Child* by William Stixrud and Ned Johnson. And it says that when sleep restriction weakens the connections between the prefrontal cortex of your brain, the prefrontal cortex is all the decision making. That's where all the decision making happens. And the amygdala and the amygdala is your stress response and the things that are like, Oh my gosh, Fire! Run! it's like, everything that's like high anxiety. So sleep restriction weakens that and that results in poor emotional regulation.



Brie Tucker 25:54

So what I'm hearing is, if kids or adults don't get enough sleep, we kind of melt down break down and cannot we can't



JoAnn Crohn 26:02

It's harder to self regulate.



Brie Tucker 26:03

Oh, and that could explain a lot of breakdowns at school.



JoAnn Crohn 26:05

Yeah, that explains a lot of mood disorders to lack of sleep has also been linked to ADHD, making the symptoms worse of ADHD. But it's fascinating. It's a fascinating subject. Another book I highly recommend that I did read is called *Why We Sleep* Unlocking the

Power of Sleep and Dreams by Matthew Walker. And I just read that and I'm like, Oh, my gosh, I need to get my husband to sleep more. There's like, sleep is so powerful. It's such it seems like such a simple thing to do. And yet like we all struggle with it.

B

Brie Tucker 26:34

it does, it does. We have another great podcast episode with Kelly Myerson, who talks about sleep as well and the importance of like finding that self care time without stealing from your sleep. We'll add that to the show notes. So huge, amazing, amazing stuff. I loved talking to Nicole, she brought up a lot of great things, especially my favorite about planning, you got to plan that transition into school, changing that sleep schedule, nobody expects you to suddenly just change your sleep schedule the next day. We've got to give our kids time to do that.

J

JoAnn Crohn 27:01

Gotta give our kids time. And if you are kind of a loosey goosey planner like I am, I am. Brie like looks really?

B

Brie Tucker 27:07

Really? It's all good because it is true. Like I write it out on my calendar. I may be late to everything, but at least it's on my calendar.

J

JoAnn Crohn 27:15

I'm a little more loosey goosey. And they just think like a week before school be like Hey, guys, it's the week before school.

B

Brie Tucker 27:21

Let's go to bed earlier. Yeah, see, and my problem is if I don't write it down, I will forget oh crap school starts tomorrow. We never adjusted our sleep schedule.

J

JoAnn Crohn 27:29

Well I think for sleep. I'm so so aware of sleep, that I'm like, Oh, this sleeps off.



Brie Tucker 27:35

See? And the truth is I'm not like and I think that's a big thing about our personalities you've talked about before, like I just whenever whenever I get to sleep whenever I wake up, it's just kind of at work.



JoAnn Crohn 27:44

I'm like, Don't bother me, I need to sleep.



Brie Tucker 27:46

I'll admit it's a bit of a stressful way to live. It is. So.



JoAnn Crohn 27:50

it's stressful when you are the sleeper and like you're in a house of non sleepers and no one will go to bed.



Brie Tucker 27:54

Yeah. Oh yeah. I can only imagine I can only imagine.



JoAnn Crohn 27:59

Well, remember the best mom is a happy mom take care of you and we will talk to you later.



Brie Tucker 28:06

Thanks so much for stopping by.