It's time for a wake-up call.

We need to take sleep seriously and understand that the best sleep aid is to get kids off the couch and away from their screens with regular heart-pumping activity.

There are important relationships among physical activity, sedentary behavior, and sleep – and new research shows that sedentary lifestyles are connected to a creeping ‘sleepidemic’ in Canadian kids.

The new Canadian 24-Hour Movement Guidelines for Children and Youth state that kids need a combination of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day to be healthy.

The Highlight Report, Full Report, and sources are available at www.participACTION.com/reportcard