

## SLEEP TIPS FOR CHILDREN

The following recommendations will help your child get the best sleep possible and make it easier for him or her to fall asleep and stay asleep.

- **Sleep Schedule.** Your child's bedtime and wake-up time should be the same time everyday.
- **Bedtime routine 2 hours prior to bedtime.** Your child should have a routine that is the same every night. Make the 2 hours before bedtime a quiet or wind-down time. Relaxing, calm, enjoyable activities, such as reading a book or listening to soothing music, help your body and mind slow down enough to let you sleep. Do not watch TV, use computer or play video games (these items should be removed from the bedroom). Do not study, exercise or get involved in “energizing” activities in the 2 hours before bedtime.
- **Bedroom.** Your child's bedroom should be comfortable, quiet, and dark. Your child will sleep better in a room that is cool (less than 75° F). Also, avoid using your child's bedroom for time out or other punishment. You want your child to think of the bedroom as a good place, not a bad one.
- **Snack.** Your child should not go to bed hungry. A light snack (such as milk and cookies) before bed is a good idea. Heavy meals within an hour or two of bedtime, however, may interfere with sleep.
- **Caffeine.** Your child should avoid caffeine after Noon. Caffeine can be found in many types of soda, coffee, iced tea, chocolate, and energy drinks.
- **Naps.** Naps should be geared to your child's age and development needs. Most children after 4-5 years of age no longer require naps. However, very long naps or too many naps should be avoided, as too much daytime sleep can result in your child sleeping less at night.
- **Exercise.** Your child should spend time outside everyday for routine exercise. Avoid strenuous exercise in the two hours prior to bedtime.