

SLEEP TIPS FOR CHILDREN

THE FOLLOWING RECOMMENDATIONS WILL HELP YOUR CHILD GET THE BEST SLEEP POSSIBLE & MAKE IT EASIER FOR THEM TO FALL ASLEEP & STAY ASLEEP.

SLEEP SCHEDULE

YOUR CHILD'S BEDTIME & WAKE-UP TIME SHOULD BE THE SAME TIME **EVERYDAY.**

BEDTIME ROUTINE (2 HRS PRIOR TO BEDTIME)

YOUR CHILD SHOULD HAVE A ROUTINE THAT IS THE SAME EVERY NIGHT. MAKE THE **2 HRS 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 HRS BEFORE BEDTIME.

BEDROOM

YOUR CHILD'S BEDROOM SHOULD BE **COMFORTABLE, QUIET, AND DARK.** YOUR 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.

SNACK

YOUR CHILD SHOULD **NOT GO TO BED HUNGRY.** A LIGHT SNACK (SUCH AS MILK & 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 & DEVELOPMENT NEEDS. MOST CHILDREN AFTER 4-5 YRS OF AGE NO LONGER REQUIRE NAPS. LONG NAPS OR TOO MANY NAPS SHOULD BE AVOIDED, AS **TOO** **MUCH DAY-TIME SLEEP CAN** **RESULT IN YOUR CHILDS 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.