

A Good Night's Rest

Sleep hygiene: Habits that help you have sweet dreams



- Make the hour before bed “wind-down” time: No TV, computer or phone. Do quiet activities.
- Keep a regular schedule and bed time, even on weekends.
- Eat regular meals every day.
- Limit your liquids to 8-10 oz. for 2 hours prior to bed. Having to go to the bathroom wakes you up.
- No caffeine for 8 hours before bed.
- Get 30-60 minutes of exercise daily.



Talk to your doctor if you have concerns about your child's sleep.

Sleep friendly room:

- **Dark (to tell your body it is night)**
- **Quiet (use a fan or white noise)**
- **Cool (about 65F)**