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.

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

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

DOES YOUR CHILD GET ENOUGH SLEEP?

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth - 2 months</td>
<td>12 - 18 hours</td>
</tr>
<tr>
<td>3 - 11 months</td>
<td>14 - 15 hours</td>
</tr>
<tr>
<td>1 - 3 years</td>
<td>12 - 14 hours</td>
</tr>
<tr>
<td>3 - 5 years</td>
<td>11 - 13 hours</td>
</tr>
<tr>
<td>5 - 10 years</td>
<td>10 - 11 hours</td>
</tr>
<tr>
<td>10 - 17 years</td>
<td>8.5 - 9.5 hours</td>
</tr>
</tbody>
</table>

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.

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