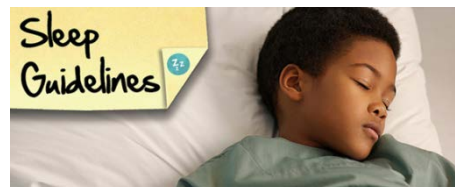




# Sleep Hygiene

## What is good sleep hygiene?

- Always keep a regular schedule for your child, with the same bedtime and wake time every day, including weekends.
- Keep a consistent bedtime routine for your child.
  - Make the hour before bed “wind-down” time: No TV, video games, computer, phone, or exercise.
  - A warm bath before bedtime can help make your child sleepy.
  - Do quiet activities, such as reading a story.
  - Avoid letting your child fall asleep somewhere other than their bedroom.
  - Encourage your child to fall asleep alone. Say goodnight and leave the room.
- Keep your child’s bedroom dark, cool, and quiet.
  - Turn off lights and use dark blinds or curtains.
  - Use a fan or white noise to keep the room quiet.
  - Keep the room cool, at about 65F.
  - Keep clocks facing away from the child.
  - Keep TVs, computers, and phones outside of the bedroom.
- Limit your child’s liquids to 8-10 oz. at least 2 hours before bedtime. Having to go to the bathroom can wake your child up at night.



**DOES YOUR CHILD GET ENOUGH SLEEP?**

Birth - 2 months	need 12 - 18 hours
3 - 11 months	need 14 - 15 hours
1 - 3 years	need 12 - 14 hours
3 - 5 years	need 11 - 13 hours
5 - 10 years	need 10 - 11 hours
10 - 17 years	need 8.5 - 9.5 hours

- Your child needs to stop drinking caffeine (pop, chocolate, tea, coffee) at least 8 hours before bed. Caffeine can lead to lighter sleep and more awakenings at night.
- Limit the time your child spends awake in bed doing non-sleep activities.
- Make sure your child eats regular meals every day.
- Make sure your child gets 30-60 minutes of exercise daily.

### **What if my child has trouble falling asleep?**

- Use relaxation techniques, such as deep breathing or imagining positive scenes, to help your child relax before bed.
- For children who worry a lot at bedtime, try scheduling a “worry time” earlier in the day and encourage them to talk about their worries with a parent.
- Security objects, such as a blanket or stuffed toy, can help children feel safe and secure at bedtime.
- If your child wakes up and has trouble falling back asleep, it is better for them to get out of bed.
  - Do a quiet activity, such as reading, for 20-30 minutes. Then have them return to bed.

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