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.
  o Make the hour before bed “wind-down” time: No TV, video games, computer, phone, or exercise.
  o A warm bath before bedtime can help make your child sleepy.
  o Do quiet activities, such as reading a story.
  o Avoid letting your child fall asleep somewhere other than their bedroom.
  o Encourage your child to fall asleep alone. Say goodnight and leave the room.
• Keep your child’s bedroom dark, cool, and quiet.
  o Turn off lights and use dark blinds or curtains.
  o Use a fan or white noise to keep the room quiet.
  o Keep the room cool, at about 65F.
  o Keep clocks facing away from the child.
  o 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.
• 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.