



# SLEEP HYGIENE

A COLLECTION OF HABITS & BEHAVIORS THAT PROMOTE GOOD SLEEP

## National Sleep Foundation: Recommended Sleep Times

National Sleep Foundation: Sleep Time Recommendations		
AGE	RECOMMENDED	NOT RECOMMENDED
PRESCHOOLERS (3-5 years)	10-13 hours	Less than 8 hours More than 14 hours
SCHOOL-AGE CHILDREN (6-13 years)	9-11 hours	Less than 7 hours More than 12 hours
TEENAGERS (14-17 years)	8-10 hours	Less than 7 hours More than 11 hours
YOUNGER ADULTS (18-25 years)	7-9 hours	Less than 6 hours More than 11 hours



**LEARN MORE** about sleep times and how to improve your sleep today

## What Happens When Kids and Teens Don't Get Enough Sleep?

Zzz...



**LEARN MORE** about the effects of sleep deprivation and ways to help your child get a full night's sleep

Sleep deprivation is no joke

### Comparison of Symptoms

ADHD	Sleep Deprivation
Inattention	Inattention / Daydreaming
Hyperactivity	Hyperactivity
Impulsivity	Impulsivity / Restlessness
Distractability	Oppositional / Aggressive
Difficulty Waiting / Taking Turns	Moodiness / Irritability
Avoids tasks that require sustained effort	Difficulty Awakening
Talks excessively / Blurts out answers	May not complain of daytime sleepiness

## Healthy Sleep Habits

From creating routines to making a sleepy bedroom, **LEARN WAYS** to help your child establish healthy sleep habits

**LEARN ABOUT** bedtime routine dos and don'ts



## Does your tween/teen wind up with energy when they should be winding down for bed?



Good News #1: It's Normal!  
Good News #2: There are ways you can help!

**LEARN WHY** this is normal and discover ways to help them establish healthy sleep habits

DID YOU KNOW?

During puberty, the body clock says to stay up later because of a natural shift in circadian rhythm. This is called "sleep phase delay."

The need to sleep is delayed for about two hours during adolescence

**\*REMEMBER\*** every school has mental professionals who are happy to provide support, connection, information, and resources. **Find your school's info here!**