



# Healthy Sleep Habits *For Kids*

## 1 Sleep Schedule

Setting times for sleep and wake will help your child adhere to a regular sleep schedule. Go to sleep and wake up at the same time each day, 7 days a week.

## 2

## Limit Electronics Before Bed

Turn off electronics an hour before bed and keep room dark, cool, noise-free, and ready for sleep.



## 4 Avoid Naps zzz

Avoid late afternoon or evening naps. Restrict early afternoon naps to less than one hour.

## 6 Exercise Regularly

Schedule exercise times so that they do not occur within 3 hours of when your child goes to bed. Exercise makes it easier to fall asleep and sleep more deeply.



Information retrieved from the National Sleep Foundation & [wakeupandlearn.org](http://wakeupandlearn.org)

**Children have different sleep requirements:**

- **Preschoolers (3-5 years)**  
**10 to 13 hours**
- **School-age kids (6-13 years)**  
**9 to 11 hours**

## 3 Minimize Caffeine

Caffeinated beverages and foods (soda, coffee, tea, chocolate) can cause difficulty falling asleep, awakenings during the night, and shallow sleep.

## 5 Eat Regular Meals

Do not go to bed hungry. Hunger may disturb sleep.

### SOME POSSIBLE EFFECTS OF NOT GETTING ENOUGH SLEEP:

- **Feeling angry or depressed**
- **Having trouble learning, remembering, and thinking clearly**
- **Getting sick more often**
- **Feeling less motivated**
- **Possibly gaining weight**
- **Negatively impacting your eating habits**
- **Having lower self-esteem**
- **Greater risk of long-term illness**