

# Kids Need More Sleep

By: Family First Staff

Sleep expert James Maas says kids aren't getting enough sleep. How many hours of nightly sleep do children need?

- \* Young children / 9
- \* Teenagers and college-age / 9.25

Why is it important?

- \* When children don't get enough sleep they are:

More forgetful, more irritable, don't learn as well, more prone to mistakes, more clumsy

How can your child get more sleep? (Tips from James Maas)

- \* Go to bed at the same time every night.
- \* Get up at the same time every day.
- \* Have a quiet, dark and cool bedroom.
- \* Sleep on a good pillow and mattress.
- \* Exercise during the day... but not within one hour of bedtime.
- \* Eat right.
- \* No caffeine after 2 p.m.
- \* No eating close to bedtime.
- \* No TV or video games within one hour of bedtime.
- \* Take a warm bath before bed.
- \* Read a story at bedtime.