

HEALTHY SLEEP HABITS

The following recommendations help to provide the best quality sleep every night.



Have a consistent sleep schedule.

Wake up and go to bed at about the same time on weeknights and weekend nights. Bedtime and wake time should not differ from day to day by more than an hour.

Do not consume caffeine after lunchtime.

Caffeine will still be helping you stay awake 4 to 6 hours after you take it, which makes it hard to fall asleep! Be aware of all the things that have caffeine. Many sodas, coffee, iced tea, and dark chocolate have caffeine, but you can also find caffeine in products like certain waters, juice drinks, gum, and candy bars.

Create an environment that is only for sleeping.

This means the bedroom should be comfortable, quiet, and dark. It is very important to get all technology (TV, cell phones, computers, tablets, etc.) out of the bedroom.

Sleep Needs



PRESCHOOLERS
(3-5 years)
10-13 hours per day

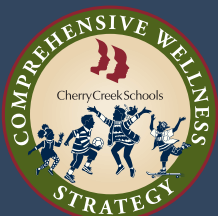


SCHOOL-AGED
(6-13 years old)
9-11 hours per day



ADOLESCENTS
(14-17 years)
8-10 hours per day

Healthy sleep habits will help you fall asleep faster, stay asleep, and wake more refreshed in the morning. Consistency in following these rules is essential to achieve quality sleep.



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