

Sleep Matters

Sleep, School, and Social Skills

Approximately 60 percent of children have sleep problems. Poor or inadequate sleep often leads to mood swings, behavioral problems such as hyperactivity or oppositional behavior, and cognitive problems that impact the ability to learn in school.

Sleep Needs

- Toddlers (1-3 years) = 12-14 hours of sleep
- Preschoolers (3-5 years) = 11-13 hours of sleep
- School-age (5-12 years) = 10-11 hours of sleep
- Teenagers = 8.5-9.5 hours of sleep
- Adults = most need AT LEAST 8 hours, varies through life



Sleep Robbers

Stress & Anxiety



Predictable routine, reduce exposure to “adult” conversations and topics

Wrong Schedule



Learn the body’s natural rhythm, set a regular routine for bedtime

Caffeine



Avoid caffeinated drinks and foods (hot cocoa, chocolate, sodas, etc.)

Environment



Keep screens out of the bedroom, turn screens off at least 30 minutes before bedtime, keep the room dark, cool, and quiet

Sleep Strategies

What time should your child be going to bed?

	Wake-up time						
	6:00 a.m.	6:15 a.m.	6:30 a.m.	6:45 a.m.	7:00 a.m.	7:15 a.m.	7:30 a.m.
Age	Bed time						
5	6:45 p.m.	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.
6	7:00 p.m.	7:15 p.m.	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.
7	7:15 p.m.	7:15 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.
8	7:30 p.m.	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.
9	7:30 p.m.	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.
10	8:00 p.m.	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.
11	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.
12	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.	9:15 p.m.	9:30 p.m.	9:45 p.m.

Further reading: “Sleepless in America” by Mary Sheedy Kurcinka and “Healthy Sleep Habits, Happy Child” by Marc Weissbluth



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