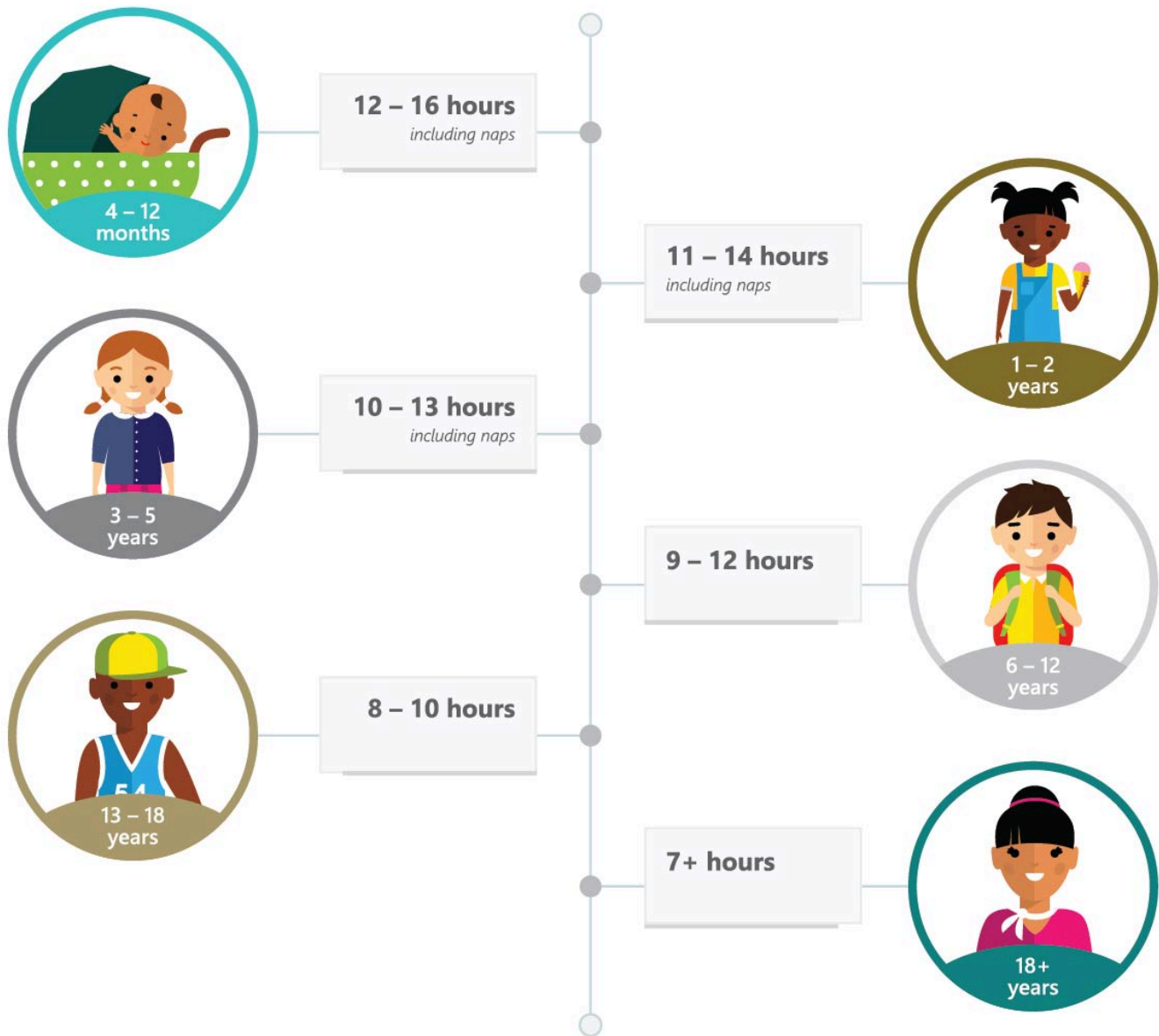


Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



SleepEducation.org

A sleep health information
resource by the American
Academy of Sleep Medicine



Does your elementary-age child wake up at 6:00 am for school?

They should be sleeping by 8:00 pm to get their 10 hours of sleep.

8 TIPS FOR SLEEP SUCCESS



SET A SCHEDULE:

Stick to the same bed and wake time each day.

EXERCISE:

Encourage exercise during the day, but avoid overscheduling that leads to little downtime.



BEDTIME ROUTINE:

Establish regular bedtime routines to help your children wind down.



STAY COMFORTABLE:



Keep bedrooms dark, cool and quiet.

AVOID CAFFEINE:

Avoid caffeine and sugary drinks in the afternoon and evening.



NO SCREENS BEFORE BED:

Turn off screens at least one hour before bedtime.



NO SCREENS IN ROOM:

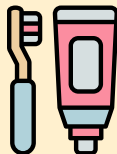
Keep screens out of bedrooms including TVs, computers and mobile devices.



SAVE BEDS FOR SLEEP:



Ensure your children's bed is used only for sleeping, not for playing with toys, homework or watching TV.



Start a few weeks before school begins to shift your children back to a regular sleep schedule. Return to your children's nightly routine, such as brushing teeth, reading a book and then going to bed. If your children do not have a sleep routine yet, that's OK. It is never too late to start one. Sleep routines are important because they can help children go to bed earlier, fall asleep faster, experience fewer nighttime awakenings and sleep longer.