

Promoting Sleep Habits in Children and Teenagers

Sleep is important for our:

- Mental health as not enough sleep is related to feeling down, depressed and anxious and can lead to not being physically active and making poor food choices
- Physical health as not enough sleep can lead to weight gain, high blood pressure, diabetes and heart disease
- School performance as not enough sleep can impact school grades
- Overall health as sleep is important for good physical and mental health

How much sleep does your child need per day?

Infants 4 to 12 months	12 to 16 hours per day including naps
Children 1 to 2 years	11 to 14 hours per day including naps
Children 3 to 5 years	10 to 13 hours per day including naps
Children 6 to 12 years	9 to 12 hours per day
Teenagers 13 to 18 years	8 to 10 hours per day

Sleep Tips:

- Consistent bed and wake up times every day, including weekends
- Relax before going to sleep such as taking a bath, reading and music
- Exercise regularly and do this at least 3 hours before bed
- Get outside! Sunlight exposure in the morning helps us sleep that night
- Turn off cell phones, TV, computer, video games for ____ hours before bedtime
- The bedroom is for sleeping — cell phones, computers, TV and video games are to be outside of your bedroom
- Avoid drinks or food that have caffeine (coffee, tea, soft drinks, chocolate) after 2 pm as these can keep you awake
- Your bedroom should be comfortable---mattress, pillow, cool, dark and quiet
- Avoid smoking, drugs and alcohol as these prevent a good sleep

To help make changes:

Mom, dad and your child can work together to build consistent bedtime routines at home

Set limits

Rewards can be helpful to help to recognize changes the child has made for better sleep routines....these rewards can be small and something that the child will respond to

Awareness that these healthy sleep routines are part of overall good health.

The help of these sleep routines will only be maintained if these sleep routines are part of every day