HELP YOUR KIDS DEVELOP HEALTHY SLEEP HABITS FOR LIFE

How many hours of sleep does my child need?

- **INFANTS**: 11-18
- **TODDLERS & PRESCHOOLERS**: 13-14
- **SCHOOL-AGE KIDS (6-12)**: 10-11
- **ADOLESCENTS**: 8.5-9.5

For starters, add just 30 more minutes a night to your child’s sleep. Your baby may have small schedule changes, but try not to mess with the target amount.

What can happen when my child is sleep deprived?

- Poor school performance (problems with attention and memory)
- Hyperactivity and behavioral problems
- Juvenile diabetes
- Higher risk of heart attack
- Weight gain (because appetite-regulating hormones are affected)
- Insomnia and atopic dermatitis

**TIP**

Sleep deprivation can lead to hyperactivity and inattention, and it can look like your child has attention deficit/hyperactivity disorder (ADHD).

What's a good bedtime routine?

- **TIP**
  - Sleep-inducing foods include turkey, bananas, yogurt and cottage cheese.

Can my child do anything during the day to sleep better?

- **TIP**
  - To help your child settle for bed, all family members should quiet down. Dim soft lights, and turn off (or down) your TV.

Doing everything right but they still won’t sleep? It may be time to see your pediatrician.

**Source**: clevelandclinic.org/healthhub