



A PARENT'S GUIDE

HELP YOUR KIDS DEVELOP HEALTHY SLEEP HABITS FOR LIFE

How many hours of sleep does my child need?

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

TIP For starters, add just 30 more minutes a night to your child's sleep. You can make small manageable changes until you hit the target amount.

What can happen when my child is sleep deprived?

- Poor school performance (problems with attention and memory)
- Hyperactivity and behavioral problems
- Mood disorders
- Sports performance problems (slower reaction times)
- High-risk behaviors for teens such as smoking and being impulsive
- Headaches
- More sensitivity to pain
- Weight gain (because appetite-regulating hormones are affected)
- Insulin resistance and potential risk for diabetes

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?

- **Set a bedtime.** This sets boundaries and helps form a healthy habit.
- **Follow a routine.** Brush teeth, wash face, read a book.
- **Dim lights** on all electronic devices.
- **Turn TV off** at least 1 hour before bed.
- **Avoid eating too late**, but don't let them go to bed hungry.
- **No caffeine or candy** for several hours before bedtime (look for hidden sources).

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

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

- Avoid exercise within 3 hours of bedtime.
- Make sure your child eats breakfast. It helps regulate the body's natural rhythm.
- Have the same wake up time every day (within an hour).
- Don't allow napping in the afternoon (if they are past regular napping age).

TIP To help your child settle for bed, all family members should quiet down. Use softer voices, dim 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/sleep