

# HEALTHY SLEEP HABITS

## BUILDING HEALTHY COMMUNITIES



Sleep hygiene is the collection of habits and behaviors that promote good sleep, and healthy sleep hygiene is vital for children. Proper sleep is essential to a child's development, physical and cognitive health, and academic performance. A lack of sleep negatively affects mood, concentration, the ability to recall information, and learning. Behavioral changes and adjustments to their sleeping environment can help!



### TIPS FOR BETTER SLEEP :

- Develop a routine - 20 minutes of wind downtime
- Use the bed only for sleeping - avoids confusing the brain
- Try sound machines and black-out curtains
- Avoid screen time for one hour before bed
- Create a sleep schedule to help regulate their natural clock
- Play relaxing music or read to them before bed
- Use a stuffed animal to associate with sleep
- Allow them to fall asleep in other places than their bed
- Do less stimulating activities 20 minutes before bed - brush teeth, put on pj's, or take a warm bath
- Dim the lights to create a calming atmosphere
- Write in a journal together to discuss concerns or joys
- Try sugar-free snacks after dinner to avoid late-night wake-ups
- Keep track of their sleep schedule to bring to your doctor if you notice excessive snoring, frequent night-walking, behavioral problems while at school, or daytime sleepiness



Get adequate sleep too! When you're fatigued, it can make it harder to keep up with routines and support healthy sleep habits in kids! Here is a [Sleep Diary](#) to help your family stay on track!

#### AGE GROUP:

#### RECOMMENDED HOURS OF SLEEP PER DAY:

Infant (4-12 Months)	12-16 Hours
Toddler (1-2 Years)	11-14 Hours
Preschool (3-5 Years)	10-13 Hours
School Age (6-12 Years)	9-12 Hours
Teen (13-18 Years)	8-10 Hours
Adult (19-60 Years)	7 or more hours

SLEEPING CHART: