

Other tips to help your child sleep

- Stay away from sugar and big meals within a few hours of bedtime. Avoid caffeine after 3:00 p.m.
- Exercise. Daily physical activity promotes sleep. Do it at least two hours before bedtime.
- In the evening hours, don't do things that get the brain working. For example, don't watch TV, play computer games or read scary books. Don't text, talk on the phone or listen to loud music.
- Encourage older kids and teens not to nap during the day. Naps do more to upset the sleep cycle than they do to help kids catch up on sleep. If your child needs to nap, limit it to 20 minutes or less.

Be a role model

Your kids watch what you do. They are more likely to learn healthy sleep habits if they see you get the sleep you need.

Did you know?

Kids who get the sleep they need:

- ★ Have more energy and a better mood.
- ★ Think and learn at their best.
- ★ Do better in school, sports and other activities.
- ★ Find it easier to cope with stress.

Healthy habits learned as a child lead to healthy habits as an adult. To learn more about how to help your child sleep well, talk with a member of the health care team.

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Healthy Kids: Sleep Well

Sleep **9 to 12**
hours each night!



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BARBARA WOODWARD LIPS
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Kids Need Sleep!

Sleep is important for growing children. Healthy sleep boosts brain power. This helps kids focus, learn and listen better. Good sleep also helps kids feel better.

Encourage your child to get enough sleep, especially on school nights.

School-age kids need
9 to 12 hours
of sleep each night.



What You Can Do

Make your child's bedroom sleep-friendly

- Keep TVs and computers out of the bedroom.
- Keep the bedroom cool, dark and quiet.
- Have your child use the bed for sleeping only. Watch TV, do homework and talk on the phone somewhere else.



Have a bedtime routine

Do the same things each night before bedtime. This gives your child's body the signal that it's time to sleep.

- ★ Try to keep a regular sleep schedule. Have your child go to bed and get up at the same times, even on weekends.
- ★ Plan a quiet time of at least 30 minutes before bedtime. This is a great time to read with your child or talk about the day.
- ★ Do only activities that help your child relax. For instance, a bath can help kids calm down.
- ★ Have no screen time one hour before bedtime.

