



Sleep Hygiene for Kids



Bedtime Schedule: Be consistent with your child's bedtime schedule 7 days a week. Children should have a regular bed time and wake up time. In the event there needs to be an adjustment then the time should change no more than an hour each way.



Bedtime Routine: Your child's bedtime routine should start a half hour before his/her bedtime. A good nightly routine is to take a bath, read a story, quiet time listening to relaxing music or even stretching. As your child grows this routine will change. Things you should avoid during this time are tv, video games, exercise, caffeine/sugar, heavy liquids and exercising.



Environmental Conditions of the Bedroom: Make sure to set a comfortable bedroom temperature (anything under 75° and make the room adequately dark (a small nightlight is recommended when needed).



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Ensure sufficient ventilation/air circulation is in the room:
crack the door open or use a ceiling fan set on low.



Provide your child with a quiet sleeping environment.

Additional Tips

- ✚ Use the bed for sleeping only. Do not introduce playing, eating or watching tv while in bed.
- ✚ Dress your kids in comfortable night clothes – this helps falling asleep easier.