



GET TO SLEEP, STAY ASLEEP

A regular bedtime schedule and routine helps kids get the sleep they need!

How much sleep does my child need?

- 2-5 year olds: At least 11 hours each night
- 6-12 year olds: At least 10 hours each night

Did you know?

- Children who don't get enough sleep have a harder time concentrating and being social. They are also more likely to have un-healthy weight gain.
- Sleeping in a quiet room lets their bodies and brains get the rest they need.
- Getting plenty of sleep helps kids do better in school.

Getting sound sleep through the night!

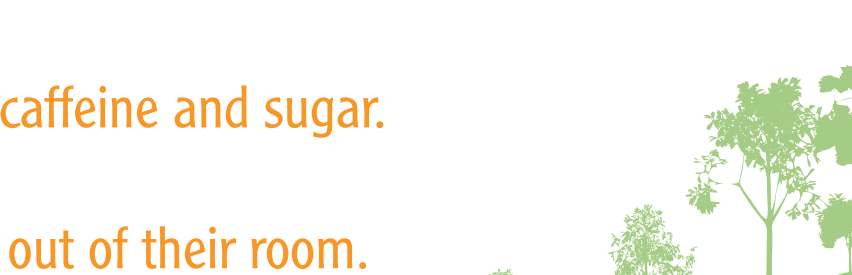
1. Make rules about bedtime. For example, keep noise in the house low when children are in bed.
2. Remove any televisions from your child's bedroom.
3. Make sure your child sleeps through the night by turning off cell phones and computers.



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Tips Sheet

A regular bedtime schedule and routine helps kids get the sleep they need!

- Make a relaxing bedtime routine and stick with it every night.
 - Make your child's bedroom cool, quiet and dark. Make sure it's like that every night for the whole night.
 - If your younger child has trouble falling asleep, encourage use of a comforting object such as a blanket or stuffed animal. For older children, play soft instrumental music at bedtime.
 - Don't let your kids have caffeine and sugar.
 - Keep TVs and computers out of their room.
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