

## TIPS FOR GOOD SLEEP HYGIENE IN CHILDREN

Children need routines established for bedtime. This routine should not vary if you want your child to have good sleep. The following tips may help with establishing a good sleep routine for your child.

1. A light snack is a good idea prior to bedtime.
  2. Take a warm bath.
  3. Put on favorite sleeping clothes.
  4. Observe them brushing their teeth.
  5. Read them a favorite story. This has the added benefit of encouraging your child to enjoy books and reading.
  6. Make sure the room is quiet and at a comfortable temperature level.
  7. Put your child to bed with hugs and kisses.
  8. Say goodnight and leave the room.
- Be sure that bedtime and wakeup time is the same every night and every morning. This establishes a good circadian rhythm.
  - Make bedtime a positive and relaxing experience. TV and videos are NOT a good way for children to fall asleep. One recent study suggests that TV viewing prior to bedtime can lead to difficulty falling and staying asleep.
  - Make sure that the temperature and the light in the bedroom stay at the same level all night.
  - Encourage children to sleep alone and to fall asleep alone.
  - If child awakens during the night, do not go to their room unless absolutely necessary. Children need to learn to fall asleep on their own after normal night time awakenings.
  - Do not let young children consume caffeine.

Children are sleep deprived in this country. One recent study revealed that:

- ❖ Infants typically get 12.7 hours of sleep. However, the recommendation is 14- 15 hours for ages 3-11 months
- ❖ Toddlers get 11.7 hours when 12-14 hours is recommended for ages 1-3 years .
- ❖ Preschoolers get 10.4 hours when 11 - 13 hours is recommended for ages 3-5 years.
- ❖ Children in 1<sup>st</sup> - 5<sup>th</sup> grades get 9.5 hours when 10-11 hours is recommended.

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