



Sleep

Tips for getting the rest you need!

It's important to get a good night's rest. Getting enough sleep:

- makes it easier to pay attention in school
- refreshes the mind and body

Establish a sleep routine.

- **The hour before bed should be calm and relaxing**
 - have your child take a warm bath or shower
 - have family time by reading a story or talking about the day's activities
- **Bedtime should be the same time each night**
- **At night your child's room should welcome sleep. It should:**
 - be cool, dark and quiet
 - not have a TV or computer
- **Try to have your child wake up at the same time each day**



Choose a goal that's right for you!

- I will go to bed at the same time each night.
- I will take the TV and/or computer out of my (child's) bedroom.
- I will wake up at the same time each morning.
- I will relax the hour before bed.
- _____

Recommended Hours of Sleep

- **Toddlers** (1-3 yrs old) — 12-14 hours
- **Preschoolers** (3-5 yrs old) — 11-13 hours
- **School age** (5-12 yrs old) — 10-11 hours
- **Teens** (13-18 yrs old) — 9 or more hours

As children get older they need less sleep BUT it is important to make and stick to a sleep routine.

PARENT CORNER

Summer Time Routine:

Make sure that your child's summer sleep schedule is almost the same as their school sleep schedule. This makes it easier for your child to adjust to going back to school.



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Child's Name: _____

Other Goal: _____

Cross off the boxes you did today.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I will go to bed at the same time each night							
I will take the TV and/or computer out of my room							
I will wake up at the same time each morning							
I will relax the hour before bed							
Other Goal							

Fantastic Job! You're on your way to getting the rest you need!