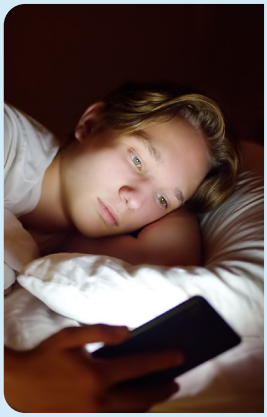
PMP PARENTING at Mealtime & Playtime

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

FOR CAREGIVERS

Rest Assured:

Improving Sleep Habits for a Healthier Life



WHAT'S COMMON?

1. Though your teen should be sleeping 8-10 hours per night, most teens sleep only 6-7 hours per night.
2. While you may enjoy being in bed by 10 p.m., it is developmentally normal for your teen to go to sleep late and wake up late.
3. It is normal to disagree with your teen on what a good night's rest is. Struggling with your teen over healthy habits is to be expected.
4. On the weekends, it is common for your teen's sleep schedule to be off even more – often staying up late and sleeping in.

WHAT'S HEALTHY?

1. An ideal night of sleep is between 8-12 hours, as recommended by the American Academy of Pediatrics.
2. A regular sleep-wake cycle makes it easier to reset and maintain a healthy rhythm to your day. Foster an environment where your teen goes to bed and wakes up around the same time each day – no more than 2 hours of variation.
3. Keep your teen's sleeping space consistent, cool, dark, and calm. Create a consistent bedtime routine, keep temperatures cool, avoid stimulating activities at least 30 minutes before bed, and turn off the lights.

WHAT TO EXPECT?

1. Obligations like early school start times, homework, extracurriculars, and social activities can make it hard to maintain a sleep schedule. Allowing 30 minutes to 2 hours of wiggle room in bedtime and wake time can help your teen adjust to busy days.
2. Day time sleepiness often causes teens to use caffeine during the day, which interrupts the sleep cycle. Caffeine and sugary foods cause energy crashes later in the day. For a natural energy boost, have your teen try a 5-minute walk around the house or outside, enjoy a piece of fruit, or wash their hands and face with cold water.
3. Help your teen use their bed only for sleep by creating a welcoming, inviting shared space. Create a dedicated homework spot for your teen or allow video games in the family room. This also creates opportunities for you to bond with your teen!

Give yourself grace! Healthy sleep habits don't happen overnight!

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FOR YOUTH

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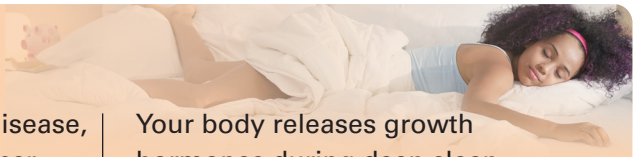
A good night's sleep can level up your performance in school, on the field, with video games, and improve your overall health!

WHAT IS RECOMMENDED?

Age Range	Recommended Hours of Sleep Per 24 Hours
6-12 years	9-12 hours
13-18 years	8-10 hours
18+ years	7 hours or more

- Avoid screens for 30-60 minutes before bedtime.
- Try to maintain a schedule. Go to sleep and wake up around the same time every day – no more than 2 hour changes.
- Practice a relaxing bedtime routine with reading, a warm bath, or peaceful music.

WHY SHOULD I SLEEP?



Sleep allows your body to reset and heal, which leads to muscle recovery and improved memory. Good sleep at night = more energy during the day!

Sleep reduces risk of heart disease, diabetes, dementia, and cancer. It improves mood and concentration, and can help fight depression and anxiety.

Your body releases growth hormones during deep sleep, helping grow muscle and height.

TIPS TO CREATE A GOOD SLEEP ROUTINE

1. Make your bedroom a good space for sleep. Use your bed for for sleeping only. Use a curtain to block out light and keep the temperature cool for good rest. Store all devices outside of your bedroom.
2. Avoid caffeine or consult your pediatrician. Try not to eat or exercise less than 2 hours before bed and limit after school naps to no more than 45 minutes.
3. Create a regular, calming bedtime routine. Play peaceful music, read a good book, and avoid stimulating activities like video games or social media.
4. When you wake up in the morning, try to get some natural sunlight to reset your sleep rhythm.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

Available on the App Store | GET IT ON Google Play

Ohio Department of Health

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