

SLEEP CENTER

We ALL have an *internal clock* that tells us when to be awake and asleep.

The timing changes as we go through life because the purpose of sleep changes as we age. For example, babies sleep 50% of the day so their brain and body can grow rapidly.

	Total Hours of Daily Sleep Needed	Bed time	Wake up time
Newborns	14 to 16 hours	No set times	
4 months to 1 year old	12 to 15 hours 2 naps	7:00pm	6:00am
Toddlers	11 to 14 hours 1-2 naps	7-7:30pm	6:00am
Pre-schoolers	10 to 13 hours 1 nap	7:30-8pm	6:30am
School age	9 to 12 hours no naps	7:30-8:30pm	6:30-7am
Teenagers	8 to 10 hours, no naps	9-11pm	8-10am

This clock runs on slightly more than 24 hours so it ***needs*** external cues or signs to tell our body and brain when it's safe to be asleep.

The most common signals to our brain that it's time to be **awake** are:



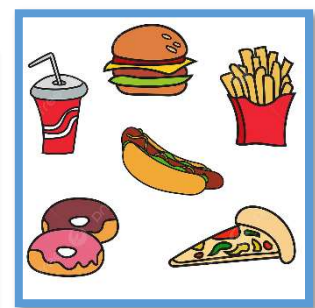
Sunlight



Voices/Talking



Activity



Food

When we are exposed to these signals too close to bedtime, it makes it ***harder to fall asleep***.



(Screens like phones, TVs, laptops, tablets are all the same light as the sun so they tell our brain it is DAYTIME)

If the timing of your sleep does not match with your daily schedule, try to:

1. Avoid bedtime snacks! No eating within 2 hours of goal bedtime.
2. Wind down in the hours before bedtime→ no physical activity or exciting video games or books within 2 hours of goal bedtime
3. No noise on at bedtime that has human voices such as songs or TVs.
4. Make sure the room is dark, even if the sun is still out at bedtime.
5. Avoid all screens within 1 hour of bedtime
 - Move screen time to the morning which is the BEST time to see sunlight!

If this does not work in helping you fall asleep, **melatonin** and **light therapy** can be very effective.

MELATONIN

The key to this working is the **ideal timing and dose!**

- ✓ Melatonin is not regulated in the US, so over-the-counter preparations are very inconsistent with the amount of melatonin they contain. **Liquid melatonin can be more consistent on the dose if you shake it up.**
- ✓ The dose recommended is much **lower** than what the bottles say and cannot fluctuate on the timing:
 - Low dose 2 hours before goal bedtime at the SAME TIME every day, weekends and weekdays (set an alarm on your phone!).

Age	Bedtime	Melatonin dose	Timing of dose (2 hours before goal bedtime)
Infants and toddlers (<2 years old)	NOT RECOMMENDED		
Preschool (3-5 years old)	7pm	0.5mg	5pm
School age (6-12 years old)	8pm	0.5mg	6pm
Adolescence (13 years old+)	9-10pm	0.5mg	7-8pm



Liquid Melatonin 1mg→ take ½ dropperful 2 hours before goal bedtime every day.

After you take the melatonin, it is important to AVOID anything that suppresses the onset of sleep→ no screens, no eating, no running around the house.

LIGHT THERAPY

Light boxes 10,000 lux facing you for 30-60 minutes at **goal wake time**.

These even work if your eyes are closed!

If asleep, make sure the light is facing the child and is within 3 feet and is on for 60 minutes.



For information you can trust visit: **healthychildren.org** by the American Academy of Pediatrics