

SLEEP CENTER

School-Aged Children (6-12 Years)

1. Make sure you are sleeping enough and at the right time.

Insufficient sleep can cause ADHD, anxiety, poor school performance, high blood pressure, and behavioral problems at school. The recommended number of hours of sleep per day on a regular basis for **optimal health** in children is:

SLEEP GOALS:	Asleep between 7:30-8:30pm
Sleep 9 to 12 hours at night No naps	Wake up between 6-7am

2. Have a consistent bedtime routine 30 minutes or shorter.

- Start it at the same time every day.
- Do the same few things in a row with more boring tasks at the end (bath→ teeth→ book in bed)
- Set limits. Do not let your child drag out the process.
- Use reading a book together to help your child wind down
- ⊗ Avoid physical activity within **2 hours** of bedtime.
- ⊗ No need for a bedtime snack
- ⊗ No screens (phone, tablet or TV) within **1 hour** of bedtime.



*Any lit screen is the same type of light as the sun and sends signals to the brain to **NOT** fall asleep (even if tired!)*

3. Create a space for your child to sleep by him or herself that is quiet, dark, comfortable, and cool.

Allowing them to sleep in their own bed helps with independence and self-soothing. Both of which are essential for optimal mental health as adults.

4. Have the same wake-up time on weekends and weekdays.

Kids LOVE routines! You cannot catch up sleep lost Monday through Friday on the 2 days of the weekend! Sleep is NOT like charging a cell phone.

5. NO naps during the day.

Anything longer than 30 minutes impacts the ability to fall asleep at night.

6. Physical activity during the day = good sleep at night!

Google searches on sleep in children can be dangerous! For information you can trust visit: **healthychildren.org** by the American Academy of Pediatrics