

Sleep Tips for Kids

RECOGNIZE THE SIGNS AND SYMPTOMS OF SLEEP DEPRIVATION AND SLEEP PROBLEMS

- 1) Your child has difficulty waking in the morning for school and yawns frequently throughout the day
- 2) Your child is continuously late for class and has trouble getting out the door in the morning
- 3) Your child can't seem to get through the day without drinking caffeinated beverages
- 4) Your child is having difficulty in school, or a teacher notices that he/she falls asleep in class periodically
- 5) Your child is irritable, anxious and gets angry easily on days when he/she gets less sleep
- 6) Your child runs from one activity to the next – he or she participates in extra-curricular activities, and stays up late doing homework every night, cutting into sleep time
- 7) Your child takes naps during the week for more than 45 minutes and “sleeps in” for two hours or longer on the weekends than on school nights

HELP YOUR CHILD ON THE ROAD TO A GOOD NIGHT'S SLEEP

- 1) Set a consistent bed-time and wake-time for your child (even on weekends) that allows for at least 9-10 hours of sleep each night
- 2) Encourage your child to establish a relaxing bedtime routine that includes pleasure reading, taking a bath or listening to music
- 3) Set up a bedroom for your child that is cool, dark and quiet
- 4) Keep the television, computer and cell phone in the living room or den instead of your child's bedroom – these high tech gadgets are often “sleep stealers”
- 5) Help your child to cut out caffeine after lunchtime
- 6) Create an environment that allows your child to get into bright light in the morning and avoid it in the evening
- 7) Be a good role model – talk to your child about the importance of sleep and set the tone by making sleep a priority in your life

