

## A Parent's Guide to Healthy Kids

# Helping Your Child With Their Sleep



Sleep is important for everyone, but it is especially important for the developing brain of your child. During sleep, the brain sorts through and stores information, replaces crucial chemicals, and even solves problems. Additionally, sleep is crucial for the growth and development of your child mentally and physically. However, most kids today aren't getting the sleep they need.

To help you aid your child to develop and maintain health sleep habits, we have put together some helpful information and tips your child should know:



### Getting Enough Sleep:

Children aged 6–12 years should regularly sleep 9–12 hours per 24 hours.

### Be Consistent:

Have your child to bed at the same time each night and get up at the same time each morning, including on the weekends.

### Their Bedroom:

Make sure their bedroom is quiet, dark, relaxing, and at a comfortable temperature.

### Their Devices:

Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.

### Before Bedtime:

Avoid large meals, caffeine, and drinking a lot of fluids before bedtime.

### Get Some Exercise:

Being physically active during the day can help your child fall asleep more easily at night.

### Not Feeling Sleepy?

If your tween doesn't fall asleep after 20 minutes, have them get out of bed and do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.

### Schedule a Checkup:

Pediatricians can educate tweens on how much sleep is enough, recommend healthy sleep habits, and screen them for common teen sleep disorders, including sleep apnea, insomnia and circadian rhythm disorders.

### Start the Day in Sunshine:

Having breakfast outside or by a sunny window helps regulate the body's biological clock, making it easier for tweens to wake up in the morning and drift off at night.

### Encourage the Connection:

When your tween is well-rested, ask how they felt that day while taking a test or playing a sport. Help them come to the conclusion themselves that sleep improves their outlook—and help them determine how much sleep is enough for them.

