

8 Simple Healthy Sleeping Tips for Children



In 2004, the Sleep in America poll revealed that, “ the majority of parents/caregivers say their child gets the right amount of sleep; however, comparing the number of hours they think their child should sleep with the number of hours they report the child actually sleeps, it is clear that many children are getting much less” (The National Sleep Foundation). By the time children are between the ages of 5 and 12, they need 10-11 hours of sleep. At the same time, there is an increasing demand of their time from school. Also, during these ages, children become more interested in different things, such as television, computers, the media and the Internet. Each of these items play a significant role in the ability for a child to fall asleep at night, making them have dreams and disrupting their sleep patterns. Also at this age, children are more likely to develop sleep problems and disorders due to all of the distractions in their lives. When a child does not get an adequate amount of sleep it can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems which can have an impact on their ability to learn in school. Due to sleep's potential affect on academics, it is important that children are able to get an adequate amount of sleep each night.

- Make sleep/wake schedule consistent, even on the weekend
- Create a regular, relaxing bedtime routine— beginning at least an hour before bedtime
- Create a sleep— conducive environment
- Sleep on a comfortable mattress and pillow
- Use bedroom only for sleeping— keep “sleep stealers” out of the bedroom (i.e.: TV, computer, video games, etc.)
- Finish eating at least 2-3 hours before bedtime
- Exercise regularly during the day
- Avoid caffeine close to bedtime