

Snooze News

The Importance of Healthy Sleep Habits

We can support our children emotionally, physically, mentally and socially just by helping them establish healthy sleep habits.

Average Sleep Needs

Age	Hours of Sleep per 24 Hours (Includes naps)
Baby (4-11 months)	12 to 15
Toddler (1-2 years)	11 to 14
Preschooler (3-5 years)	10 to 13
School age (6-13 years)	9 to 12
Teen (14-17 years)	8 to 10
Adult (18-64 years)	7 to 9

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How can you tell if your child is getting enough sleep?

- ☐ Falls asleep at night within 25 to 35 minutes.
- ☐ Is in a generally positive mood throughout the day
- ☐ Wakes on own in the morning

Tips for Better Bedtimes

- ☐ Give young children their baths and read for at least 15 to 20 minutes sometime before the bedtime routine begins. This way, you can keep the actual bedtime routine to 20 minutes or less.
- ☐ Predictable bedtime routines are important. Routines can include eating a small healthful snack, brushing teeth, using the toilet, putting on pajamas, telling a story, singing a relaxing song or receiving a gentle backrub.
- ☐ Allow children to fall asleep on their own.
- ☐ Check on young children briefly but frequently. This cuts down on children getting out of bed to see what the adults are doing. Children need to relax to fall asleep.
- ☐ The bedtime schedule should not vary more than an hour for young children or teens, even on weekends or special occasions.
- ☐ If you need to adjust the sleep schedule for bedtime (such as making it earlier), do so in increments, like by waking the child 15 minutes earlier each day and then going to bed earlier.
- ☐ Turn off all electronics a half-hour or more before bedtime and avoid sleeping with the TV or lights on.

Signs of Sleep Issues

This list provides examples of behaviors you might see if your child is missing sleep or has sleep issues.

Emotional (Feelings)

- ☐ Becomes easily overwhelmed; frustrated by little things
- ☐ Becomes more upset than peers by changes in routine
- ☐ Becomes more difficult to calm
- ☐ Becomes irritable, whiny and difficult to satisfy; feels like nothing seems right
- ☐ Becomes anxious

Physical (Body)

- ☐ Seems clumsy, stumbles or has more accidents and injuries
- ☐ Has a frenzied hyper-activity
- ☐ Gets a second wind at bedtime; can't relax or fall asleep
- ☐ Hits, throws things or shouts
- ☐ Has to be awakened in the morning
- ☐ Gets sick more often than peers
- ☐ Craves carbohydrates or sugar
- ☐ Seems lethargic, sleepy or groggy
- ☐ Experiences stomachaches or headaches

Attention, Focus and Performance (Mental)

- ☐ Seeks stimulation; disrupts others or picks on people and pets
- ☐ Has difficulty staying on task or making decisions
- ☐ Doesn't listen; talks excessively
- ☐ Has difficulty performing at a peak level or resists performing altogether
- ☐ Forgets easily

Social (Interactions)

- ☐ Feelings easily hurt
- ☐ Has difficulty being patient
- ☐ Acts bossy, demanding
- ☐ Becomes upset if told "no"
- ☐ Has difficulty discussing conflict or solving age-appropriate problems
- ☐ Easily forgets the rules or wants to debate them
- ☐ Becomes irritated by other children, especially in the afternoons

More Sleep News

- ☐ The timing of meals and naps impact a child's sleep schedule.
- ☐ Sleeping is as important as food is to our bodies and brains.
- ☐ Many behaviors that frustrate parents and teachers are caused by lack of sleep.
- ☐ Caffeine should be avoided in the evening and late afternoon.
- ☐ Sleep can help teens improve memory, get sick less, have better emotional health and have fewer accidents.

References:

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