

## Getting Enough ZZZZZZZZZZZZZZZ's

How much sleep is enough for children to function at their best? Typically, school-aged children need between **10–12 hours** and teens need **8–10 hours** of sleep each night. Every child's sleep habits are different. Some need a lot of sleep while others can function on much less. Good sleep habits start at birth. It can be common for school-aged children to not get enough sleep with the increase in evening activities, later bedtimes, and homework. Signs that your child may not be getting enough sleep include changes in their mood (irritability, cranky, getting frustrated or upset easily), behaviour (non-compliance and hyperactivity), and cognitive ability (problems with attention, memory, decision making, etc.).

### **Tips to help your child sleep well:**

**Sleep Schedule.** Bedtime and wake-up time should be about the same time everyday.

**Bedtime Routine.** Have a 20 to 30-minute bedtime routine that is the same every night.

**Bedroom.** Comfortable, quiet, and dark.

**Snack.** A light snack (such as milk and low-fat cheese) before bed is a good idea.

**Screen Time.** Keep the television out of the bedroom (TV, computer game playing, and other stimulating activities at bedtime can cause sleep problems). Limit cell phone use before bed. Cell phones should be turned off and not in the bedroom at bedtime.

**Caffeine.** Your child should avoid caffeine for at least 6 to 8 hours before bedtime. Caffeine can be found in many types of soda, coffee, iced tea, and chocolate.

**Evening Activities.** The hour before bed should be a quiet time.

**Naps.** Very long naps or too many naps should be avoided (can affect nighttime sleeping).

**Set Limits.** Be clear on what time lights are off and how many stories you will read.

[http://www.caringforkids.cps.ca/handouts/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child)

<http://www.nationwidechildrens.org/sleep-in-school-aged-children>

*Anglophone West School District – Healthy Learners Program*

