

SLEEP FOR KIDS



Most school-aged children need 10-11 hours of sleep per night.

Not getting enough sleep is common in this age group. This happens because of homework, outside activities, more use of electronics and later bedtimes.

When you get enough sleep you can:

- ◇ Pay attention better in school
- ◇ Be creative and think of new ideas
- ◇ Fight sickness and stay healthy
- ◇ Be in a good mood
- ◇ Get along with friends and family
- ◇ Solve problems better



Without enough sleep you can:

- ◇ Forget what you learned
- ◇ Have trouble making good choices
- ◇ Be grumpy and in a bad mood
- ◇ Have trouble playing games and sports
- ◇ Be less patient with brothers, sisters, and friends
- ◇ Have trouble listening to parents and teachers

Sleep Tips

Here are some things you can do to help get a good night's sleep.

Make sure your bedroom is cool, dark, and quiet.

Have a bedtime routine.

Do the same relaxing things before bed each night, like reading or listening to quiet music.

Exercise during the day.

Running and playing at least 3 hours before bed help your body get ready for sleep.

Try to go to bed the same time every night.

Don't drink sodas with caffeine...

Especially in the afternoon and at night.

Avoid big meals before bedtime.

Have a light healthy snack like fruit instead.