Sleep Tips for Children

Sleep plays an important role in your child’s overall health and well-being. A consistent sleep schedule and routine can help prepare your child to have successful days while staying home. Below are some tips for helping your child get a good night of rest.

**Develop a sleep schedule.**
- Have a consistent time for going to bed and for waking in the morning. Research suggests that there should be no more than an hour’s difference in the times that they go to bed and wake in the morning each day.

**Have a bedtime routine.**
- Create a short routine (20 to 30 minutes) that is the same each night. Include bedtime grooming (brushing teeth, washing face, etc.) and calm activities (reading a book, discussing the day, etc.), with the later parts of the routine occurring where they sleep as part of the routine.

**Set the bedroom up for sleep.**
- Make the room where your child sleeps as comfortable, dark, and quiet as possible. Keep the bedroom a calming space that encourages calmness and rest.

**Exercise.**
- Exercise is important for mental and physical health. Make sure your child gets daily exercise, but limit it within 2-3 hours of bedtime.

**Naps (for younger children).**
- If your child needs a nap, limit the amount of time spent napping to ensure regular sleep at night. Have a consistent nap start and end time, based on the needs of your child.

**Things to avoid:**
- **Technology in the Bedroom.** Technology (e.g., phone, computer, tv) can be distracting and can keep children awake, as well as make it difficult to monitor what and how long your child is engaging with technology. Additionally, the blue light from electronics can affect the hormones responsible for making children feel sleepy.
- **High Energy Activities.** The hour before bed should include low-energy activities. Avoid high-energy activities such as rough play, outside activities, and electronic games.
- **Caffeine.** Caffeine is a stimulant that can interfere with sleep. It can be found in soft drinks, some teas, and chocolate.
