



Children ages 6-12 should sleep 10-11 hours per night

How can I help my child get the sleep s/he needs?

★ **Set and maintain bedtime routines.**

- A bedtime routine prepares your child for sleep
- Try to have bedtime be the same time each night
- Turn the TV off an hour before bedtime to make for an easier transition to sleep

★ **Make the room where your child sleeps comfortable.**

- Put in a nightlight if your child needs light
- Use dark curtains or shades to keep light out
- Keep it cool and quiet. Soft music or a fan can offer background noise, if needed
- Cozy blankets and pillows can make for better sleep

★ **Avoid caffeine and sugar.**

- Drinking caffeinated and sugary drinks can make it difficult to sleep

★ **Keep TV and all screen media (computers, iPads, video games) out of the room where your child sleeps.**

- TV is stimulating and can disrupt sleep, making it harder to fall asleep
- Use a nightlight or quiet music to help your child fall asleep