

# Healthy Sleeping Habits



## HOW MUCH SLEEP IS ENOUGH?

The American Academy of Sleep Medicine recommends the following amounts of sleep in a 24-hour period

Ages	Hours
4-12 months	12-16 (including naps)
1-2 year(s)	11-14 (including naps)
3-5 years	10-13 (including naps)
6-12 years	9-12
13-18 years	8-10

Playing with friends, participating in sports, doing homework, and other activities make for busy days. By the end of the day, everyone needs sleep.

### Tips for bedtime

- Help your child prepare for school the night before by laying out their clothes, backpack, etc.
- Set up a routine where children and youth slow down before bed and go to bed about the same time every night, whether it's a weekday or weekend.
- Don't use screens at least one hour before bedtime.
- Make the bedroom a cozy place where your child wants to be.
- Make the bedroom a screen-free zone.
- Change your child's bedtime to earlier if they are not getting enough sleep.

