

Sleep Hygiene for Kids



Sleep is important for kids to grow, learn, and feel good during the day. The amount of sleep kids need depends on their age.

How Much Sleep a Child Needs Each Day (Including Naps)

4-12 Months Old	1-2 Years Old	3-5 Years Old	6-12 Years Old
12-16 Hours of Sleep	11-14 Hours of Sleep	10-13 Hours of Sleep	9-12 Hours of Sleep

Tips for Healthy Sleep Habits

Limit screen time. Avoid phones, tablets, and TV at least 1 hour before bedtime. The blue light from screens can make it tough for kids to fall asleep.



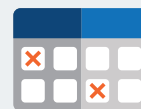
Skip caffeine. Stay away from food and drinks with caffeine (like chocolate and sodas) in the afternoon and evening because caffeine can keep you awake.



Stick to bedtime routine. Have kids go to bed and wake up at the same time every day, even on weekends. Do the same calming activities, like taking a warm bath, before bedtime each night.



Be active. Getting exercise during the day helps kids feel tired and ready for bed at night.



Give downtime.

Many kids have homework, sports, games, and lessons in the evenings. Avoid scheduling too many things in one day to give kids time to wind down at night.

Nap as needed. Napping can help kids meet their sleep needs. However, if they nap for too long during the day, they may find it difficult to fall asleep at night.



Get sunlight. Natural light helps set the body's sleep cycle. Spending time outside during the day helps kids sleep better at night.



For more information: www.greauxhealthy.org

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