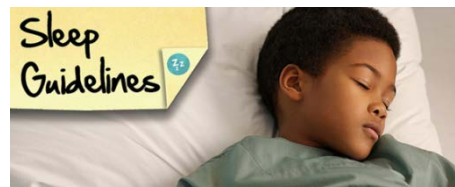




Sleep Hygiene

What is good sleep hygiene?

- Always keep a regular schedule for your child, with the same bedtime and wake time every day, including weekends.
- Keep a consistent bedtime routine for your child.
 - Make the hour before bed “wind-down” time: No TV, video games, computer, phone, or exercise.
 - A warm bath before bedtime can help make your child sleepy.
 - Do quiet activities, such as reading a story.
 - Avoid letting your child fall asleep somewhere other than their bedroom.
 - Encourage your child to fall asleep alone. Say goodnight and leave the room.
- Keep your child’s bedroom dark, cool, and quiet.
 - Turn off lights and use dark blinds or curtains.
 - Use a fan or white noise to keep the room quiet.
 - Keep the room cool, at about 65F.
 - Keep clocks facing away from the child.
 - Keep TVs, computers, and phones outside of the bedroom.
- Limit your child’s liquids to 8-10 oz. at least 2 hours before bedtime. Having to go to the bathroom can wake your child up at night.



DOES YOUR CHILD GET ENOUGH SLEEP?

Birth - 2 months	need 12 - 18 hours
3 - 11 months	need 14 - 15 hours
1 - 3 years	need 12 - 14 hours
3 - 5 years	need 11 - 13 hours
5 - 10 years	need 10 - 11 hours
10 - 17 years	need 8.5 - 9.5 hours

- Your child needs to stop drinking caffeine (pop, chocolate, tea, coffee) at least 8 hours before bed. Caffeine can lead to lighter sleep and more awakenings at night.
- Limit the time your child spends awake in bed doing non-sleep activities.
- Make sure your child eats regular meals every day.
- Make sure your child gets 30-60 minutes of exercise daily.

What if my child has trouble falling asleep?

- Use relaxation techniques, such as deep breathing or imagining positive scenes, to help your child relax before bed.
- For children who worry a lot at bedtime, try scheduling a “worry time” earlier in the day and encourage them to talk about their worries with a parent.
- Security objects, such as a blanket or stuffed toy, can help children feel safe and secure at bedtime.
- If your child wakes up and has trouble falling back asleep, it is better for them to get out of bed.
 - Do a quiet activity, such as reading, for 20-30 minutes. Then have them return to bed.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Megan Chang, MD
Reviewers: Heather Burrows, MD, PhD, Ruti Volk, MSI, AHIP

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 1/8/2015