Healthy Sleeping Habits

National experts recently surveyed kids about their sleep habits.
Here's what they learned:

70% of kids said they wish they could get more sleep.

71% of kids said they feel sleepy or very sleepy when it's time to wake up for school.

25% of kids said they feel tired at school every single day.

Five Tips for Bedtime

It may be a challenge to make a change to your children's bedtime routine, but if you stick to it, your efforts will pay off. These ideas will help:

- Help your child prepare for school the night before by laying out their clothes, backpack, etc.
- Slow down and set a routine before bed.
- Make the bedroom a cozy environment where your child wants to be.
- Avoid putting a TV in your child's bedroom; if they already have one, do not let them watch TV in their bedroom at bedtime.
- Adjust your child's bedtime if they are not getting enough sleep.

How much sleep is enough?

There's no exact number of hours of sleep required by all kids in a certain age group, but the National Sleep Foundation suggests:

- **Preschoolers (ages 3 to 5):** should sleep about 11 to 13 hours per night
- **School-Age Children (ages 5 to 12):** need about 9 to 11 hours of sleep a night
- **Teens:** need at least 8.5 to 9.5 hours of sleep per night

—KidsHealth 2007

READY, SET, GO! 5 2 1 0

www.multicare.org/marybridge/5210

5 2 1 0 LET'S GO!

www.letsgo.org