

## WHY IS SLEEP IMPORTANT?

Sleep helps your child's physical and mental growth. Getting the right amount of sleep can also help keep your child healthy and focused in school.

Sleep helps keep your child healthy because it:

- Protects the heart
- Allows the brain to relax and get ready for the next day
- Helps them keep a healthy weight
- Helps the body fight germs and sickness

Sleep helps your child learn because it:

- Keeps them focused longer
- Helps them build skills to understand what they are learning
- Helps them build a stronger memory
- Helps them build thinking skills

### How much sleep does my child need?

The hours of sleep your child should have **each night** depends on their age. The hours of sleep your child needs will go down as they get older. You should make sure they get the right hours of sleep for their age group.

- Newborns-2 years old: 10-15 hours of sleep
- 3 years old to 5 years old: 9-14 hours of sleep
- 6 years old to 13 years old: 8-12 hours of sleep

### What can you do to help your child sleep?

Bedtime habits help children get the right amount of sleep. Good habits can help bedtime be easy and stress-free. Try to follow the same steps every night.

Here are some tips to help set a nighttime habit:

- Make sure your child is sleeping (not just in bed) at the same time each night
- Try to make sure they do not eat at least one hour before bedtime
- Give your child a bath or shower before bedtime. The warm water will help calm your child. It will also give you more time in the morning to get ready.
- Keep the room as dark as possible. Having a night light is OK, but do not have the lights all the way up.
- Shut off all electronics (TV, games, cell phones) at least 30 minutes before bedtime.
- Read a story right before bedtime.
- Set a daily alarm so your child can wake up at the same time each morning.